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Scientific Feeding

Vegetarian Supplement to Scientific Feeding

By MRS. DORA C. C. L. ROPER, D. O.

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DEDICATION.

THESE PAGES ARE DEDICATED TO ALL WHO READ THEM,
WITH THE EARNEST DESIRE TO MAINTAIN HEALTH
AND PREVENT DISEASES WHICH ARE CREATED
BY WRONG AND INTEMPERATE EATING
AND DRINKING

Eat not to dullness;
Drink not to elevation.
—Benjamin Franklin.



Man is composed of what he has
assimilated from his spiritual
mental and physical
food

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INTRODUCTION

This book has been prepared to meet the needs of a constantly increasing number who for various reasons have adopted a vegetarian or near vegetarian diet.

My experiences first as a nurse, later as a physician, have brought me in contact with many different nationalities, and from them has been gleaned much valuable information which has been used in the hope of aiding all who are earnestly seeking a safe and sane method of living, simple and rational methods of using vegetarian foods.

It has been my special object to eliminate artificial sugar in the recipes as much as possible, also to pay special attention to **correct chemical food combinations which are as important as their proper selection and preparation.**

My endeavor has been to perfect a system of hygienic feeding which avoids all such mixtures as tend to over-load the system with excess of starch and soft nitrogenous foods—an excess which results in malnutrition and dangerous diseases.

The book is designed for all who do not desire meat in their bill of fare. It will serve as a handbook for summer cookery, containing menus and recipes which are in harmony with the laws of health.

In adopting a raw food diet, or in reducing heat-giving elements, such as artificial sugars and hot drinks, it is important to apply more external heat to the body for a while, or else have the morning meal served in a sunny room. **Plenty of outdoor exercise is necessary to properly utilize a vegetarian diet.**

In the preparation of this volume I have been assisted by several friends who are interested in the publication of such a work.

It is my hope that this book will be instrumental in reducing the high cost of living as well as in lessening women's work and worry.

PART
I.

CHAPTER I.

"THE BLOOD IS THE LIFE."

Its Structure and Function Depend on the Building Material.

Foods are substances which, when introduced into the system, supply the necessary material for growth, renewal and maintenance of the vital structures. Food is anything that nourishes.

Foods must contain the same elements found in our bodies. The body requires a combination of different food elements in proper proportion to produce a suitable diet. Foods are divided into five classes: water, protein, fats, carbohydrates and mineral matters.

Air and sun are also foods, but are not generally spoken of as nutrient.

WATER.

Our bodies consist of about two-thirds water. It helps to regulate the body processes, and supplies building material. Watery fruits and vegetables contain pure distilled water. The amount of water required for the average individual differs greatly. If water is added to our foods in the cooking process, a lesser amount is required for drinking. Wholesome, non-stimulating food will call for a normal supply of water between meals.

PROTEINS.

These are sometimes called albumen, and they supply the body with nitrogen, sulphur and phosphorus. They are great

Pure water is as important as pure food. If you boil your water the minerals are deposited on the bottom of the kettle instead of in the system for bone-making material.

tissue builders; they also furnish energy and heat, in combination with fats and carbohydrates.

Sources of Proteins:

Legumes, lean meats, nuts, cheese, whites of eggs, fish, and the glutes of the grains. Milk contains proteins in the right proportion with fats and sugars to make it suitable as a food for infants. Oats, wheat, and rye contain more protein than other grains, and if no other protein foods are on hand, these can maintain health for a long time without harm.

FATS.

They are obtained from the vegetable and animal kingdoms. They supply heat and energy in the most concentrated form, and are also flesh-builders. In diseased conditions, where economy of nerve force is required, fats in combination with acids, minerals and gelatine can form a substitute for part of the protein foods.

CARBOHYDRATES.

These are found in large percentage in cereals and in fruits which contain stones and seeds, and in underground vegetables, including the lighter starches, such as sago, agar agar, sea moss and gum. Milk can serve as a carbohydrate for special conditions, being evenly proportioned with fats and protein it contains little waste. A certain amount of carbohydrate foods in the form of cereals is necessary in our daily diet, as they are rich in lime and fat—yielding material which is required for ligamentous and other elastic tissue. People who live on fruits, greens and nuts, or on fruits, greens and meats only, require a larger amount of protein food, in order to make up for the loss of cereals.

MINERAL MATTER.

In an organic form, we find mineral matter in large proportions in green leaf vegetables, small fruits and berries, bran, rye, green peas, string beans, tomatoes, yolks of eggs and in

Teach a growing child that selecting and preparing his food is an important occupation. Do not allow a child to fill his body with trash.

all the outer skins of legumes, grains and fruits. The importance of the mineral elements in our foods has been little understood, so far. Of late, health reformers are beginning to realize that many serious diseases, such as tuberculosis, insanity and malnutrition, are the result of mineral starvation. Three-fourths of these valuable minerals are removed from our foods daily by modern milling, bleaching, and polishing of rice, wheat, corn and all the other grains. Not alone the minerals, but necessary volatile oils, acids, and ferments are removed by these processes. Refined white flour and sugar have been on the market for the last hundred years; and much time and health have been wasted with the writing of fashionable cook books, and the manufacture of anemic snow white cakes, crackers, biscuits and soft putrefying puddings and desserts, prepared with skim milk, sugar and eggs. The deficiency of minerals in these products has created an abnormal desire for salts, spices, and chemically pure sugar, followed by an additional craving for intoxicating beverages and liquors. The latter articles cannot enter into the composition of perfect teeth and bone, or gray nervous tissue; therefore, the result is premature death and many new diseases.

It is my desire to present in this book food combinations as perfect as can be produced from food material with our present methods of milling and preliminary treatment. Many people have become so delicate in structure that they cannot use coarse breads and cereals; therefore, a variety of different cereal foods have been included. Vegetable foods, such as are rich in minerals, have been added to the breakfast foods in place of sugar and beverages. In order to supply the body with the necessary amount of minerals, we must learn to eat greens for breakfast, until our so-called breakfast foods have improved in quality.

All foods possess potential or latent energy. The sun is the great positive element, and plants store up the sun's energy. It is transferred to us through the eating of plants and animal

Keep the feet warm, the head cool and the stomach not too full.
Take walks out of doors daily and breathe deeply.
Do not wear tight shoes or corsets.

foods. Through the process of oxidation this energy is set free in our bodies, and appears as heat and muscular power. This energy contained in foods is known as heat or fuel value, and is expressed in terms of a heat unit or calorie. A calorie is the amount of heat necessary to raise one kilogram of water, one degree centigrade. This is spoken of as a large calorie, which is used in determining the energy value of food. The small calorie is $\frac{1}{1000}$ of a large calorie.

The physiological fuel and energy value of the different foods is as follows:

1 gram of Protein.....	yields 4 Calories
1 gram of Fat.....	yields 9 Calories
1 gram of Carbohydrates.....	yields 4 Calories

To determine the energy value of a food or combination of foods it is necessary to know first its composition. Then determine the weight of protein, fat, and carbohydrate in grams and multiply these weights accordingly.

Many people are under the impression that if a certain food is recommended as especially healthful, over-indulgence must be beneficial. All natural foods are wholesome; over-eating produces discomfort and disease. Some fruits and vegetables have high medicinal values. Specific foods prescribed in large quantities are useful for certain ailments, but not for a healthy individual.

Some people think that we become like the food we eat. This is true when the vibrations of what we eat are stronger than the vibrations in our bodies. All food consumed has a vibration of its own and unless the vital force within can change the rate of vibration of the food eaten and tune it to the vibration of the body itself, one cannot become nourished, or in other words "he becomes like the food he eats." There is but one force or energy in the body, which is life or "spirit". Under normal conditions this force has in itself all the power to harmonize with the vibrations of the foods taken into the body. Provided there is a demand for food in the form of true hunger.

Natural diet, deep rhythmic breathing with corresponding exercises awaken latent talents within us and rapid mental and spiritual unfoldment takes place. Inharmony, disease and pain are caused by living a life contrary to the laws of God and Nature.

CHAPTER II.

PREPARATION OF FOODS.

TABLE OF MEASUREMENTS AND WEIGHTS.

- A standard measuring cup contains 8 ounces or $\frac{1}{2}$ -pint.
1 tablespoon is equal to 3 teaspoons.
2 tablespoons is equal to 1 ounce.
8 tablespoons is equal to 4 ounces or $\frac{1}{2}$ -cup.
16 tablespoons is equal to 8 ounces or 1 cup.
All ingredients measured by the cup, tablespoon or teaspoon are measured level.
1 pound (English weight) is equal to 425 grams or 16 ounces.
1 pound (Metric system), is equal to 500 grams.
2 pounds (Metric system) is equal to 1000 grams, or 1 kilogram.

GREEN VEGETABLES.

Green vegetables furnish a large amount of easily digested carbohydrates and contain much mineral matter. That they add to the highest purity of our blood has been proven by the fact that many blood and skin diseases have been cured by the application of specific greens alone. However, no matter how valuable an article is, it should be used according to the needs of the individual. As vegetables also contain a large amount of water, it is not wise for one who has to perform active mental or physical labor to indulge in a large amount of cooked, especially underground, vegetables at the noon meal. At this time of the day the system requires the most nutritious foods in the form of protein elements, no matter whether the meal consists of cooked food, cold or warmed over. Green peas and corn are best eaten at the noon meal, as they are rich in proteid elements. Asparagus, tomatoes, string beans and leaf greens are also suitable at this time of the day, provided some nutritious food of the proteid class is served with them.

The blanching of vegetables, as advised by some authorities, will always remove valuable constituents of the plant. This blanching and ventilation of vegetables during the process of

cooking is advised, in order to make them more wholesome. All artificially prepared foods will lose certain constituents through the process of cooking, and this loss is generally made up by additional flavoring or sauces. Vegetables which are cooked in very little water and kept well covered (not ventilated), will lose less of their natural qualities, and the injurious gases which do not escape by this process can be made harmless through the addition of fats, in the emulsified form, as sauces, the yolk of an egg, lemon or cream.

In the consumption of food, as well as the custom of dress and education, some people have reached that stage of refinement where degeneration begins. We cannot refine natural food without paying the penalty for it.

GREEN VEGETABLES.

ARTICHOKES No. 1.

Wash them thoroughly and remove the outside leaves. Drop into salted boiling water and cook for 20 or 30 minutes. Add a few drops of vinegar to the water while boiling. Serve warm with a white sauce or let cool and serve with French or mayonnaise dressing.

ARTICHOKES, No. 2.

Prepare like the foregoing; when tender put them into a deep bowl and squeeze diluted lemon juice over them, or use vinegar diluted with one half or third water. Let stand in sufficient liquid to cover the hearts well for 10 or 20 minutes. Serve with a white sauce or with French or mayonnaise dressing. Wheat or rye bread with butter is a good addition, also dried stewed fruit. If served for dinner, boiled eggs or eggfood of some kind should be added. If soup is desired, pea, tomato or milk soup is the most suitable. Olives also form a good addition.

ASPARAGUS.

Wash and cut into inch pieces until the hard part of

People who suffer from obesity, or those who can not use much sweets, should always treat cooked vegetables (except potatoes) with acid as mentioned above. The volatile oils and bitter preservative qualities in vegetables evaporate in the process of cooking, leaving it with a sweetish taste, and making it more liable to ferment.

the stem is reached. Boil for 20 minutes, or until tender. Serve warm with butter, milk, cream, or egg sauce, or cold with French or mayonnaise dressing. The asparagus may be scraped and tied into bundles when boiling.

BEETS.

Remove the green tops and wash them carefully. Do not prick the skin, as the juice will then escape and injure the color as well as the flavor. Young beets will be tender in about one hour, older ones take two or three hours. When done, peel and slice. Serve with a butter or cream sauce, or plain, with butter and chopped parsley. For salad, cut into slices and pour over them boiling vinegar, diluted with one-half water. Add whole spices if desired.

MASHED BEETS.

Prepare like the above. When tender, peel and mash very fine with a potato masher, and add butter and a few drops of lemon juice.

ROASTED CARROTS.

Wash, scrape, and cut them lengthwise into halves and quarters, then cut crosswise into inch pieces or smaller. Cover with boiling water and cook for 10 or 15 minutes, with a little salt. Drain off the water (add to soups); brown some fat and flour, add to it whey or the water which was drained off, and roast the carrots in it until done. Cover them tightly and add more fluid while roasting, if necessary. Flavor with chopped parsley.

CARROT PUREE. No. 1.

Steam or cook the carrots with salt and as little water as possible. When done, mash very fine with a potato masher. Flavor with butter and a little pepper and parsley or lemon.

CARROT PUREE. No. 2.

Prepare like the above, and add one potato to three

Legumes and carrots with lettuce salad are a good combination. Crackers or black bread with lettuce salad and beets or carrots. Nuts for dessert are a fair combination. People with a bilious temperament should not combine cooked beets or carrots with cheese or eggs.

medium-sized carrots. If the potatoes require less time to cook, add them when the carrots are half done. This preparation may be especially recommended for chronic invalids or for those who have a dislike for the sweet flavor of the vegetable.

CREAMED CARROTS. No. 1.

Cook like carrot puree. When tender, make a butter sauce with the water; add parsley and hot cream, if desired.

CREAMED CARROTS. No. 2.

Cook like number one, thicken with flour or corn starch, and add some hot cream and parsley. Serve, like soup or vegetables, for breakfast or supper, with dry whole wheat or black bread. Butter is not required at the meal if cream is used. If the butter and cream are emulsified as in sauces, they are more wholesome.

PEAS.

Wash the peas while in the pods, then shell. Boil the pods in a very little water for 15 minutes, then take out and put the peas to boil in the same water. Add a little salt and sugar when almost done. Prepare further like creamed carrots. Some people prefer them with no dressing except butter. Those who have difficulty in digesting starch and wish to cut out the bread at the meal may use sauces or cream dressings with their vegetables, especially in the winter.

MIXED PEAS AND CARROTS.

Put the peas on to boil, and when half done, add an equal amount of carrots which have been cut into half inch pieces. Prepare with a butter sauce like creamed carrots, and add chopped parsley. This will afford a perfect meal for dinner in spring or summer. A few bread or flour dumplings may be served with it. The latter should be cooked with the peas 10 minutes before serving.

Lima beans and green peas are more suitable during warm weather than small white or colored beans. Dark colored beans and lentils are rich in iron and minerals and therefore best suitable during cold days.

CAULIFLOWER.

Cauliflower should be avoided by those who have delicate stomachs, at the evening meal. It should be perfectly fresh and put into salted water for an hour before cooking, in order to take out any hidden insects. It should be boiled 20 to 30 minutes; if steamed it takes a little longer. Flavor with salt and a little sugar while boiling. Serve with brown or melted butter and lemon, or butter sauce, or with cream. Season with pepper. Serve for breakfast, or dinner. Left over cauliflower may be baked in the oven with cheese or bread crumbs, and served for breakfast. Tomato sauce is also suitable as a dressing. Cold cheese is a better combination with the latter than cream sauce or baked cheese.

STRING BEANS.

They are very purifying and should be eaten often, by people of a bilious tendency. Select young string beans, pull off the string on each side and break in pieces an inch long. Boil in slightly salted water and prepare like green peas. They may be mixed with carrots. For further combinations, see "Boiled Mixed Dinners."

SPINACH.

This is also a very valuable vegetable. Besides being rich in iron and phosphates, it is laxative, and excellent as a medicinal food for constipation. Wash it thoroughly. For a delicate stomach use the leaves only. Steep in as little water as possible, chop very fine or rub through a colander; season with pepper, salt, lemon and butter, or prepare with butter sauce.

STUFFED GREEN PEPPERS.

Cut off the stem end and remove the seeds. Fill the peppers with a dressing such as is given in recipes for bread dumpings. Place them in a baking dish with two tablespoonfuls of oil or fat; when brown add a little flour and water, cover the

String-beans resemble the green leaf vegetables. They are very purifying to the liver and intestines, and should be eaten freely by people with a bilious temperament.

dish and bake in an oven for about 50 minutes. The inner part of the peppers may be mixed with a filling.

ONIONS.

For stewing use small or medium sized onions. Boil them in salt water, drain off the water and serve with butter and lemon, or prepare a butter or cream sauce. They are best eaten for breakfast or dinner with wheat or rye bread.

RAW ONIONS.

People who like onions and find they disagree on account of the strong acids, should grate them and mix thoroughly with sauces, or French or mayonnaise dressing.

FRIED ONIONS.

Chop the onions very fine in a wooden bowl. Then heat some butter and oil and fry them until light brown and pour over steak or mix with potatoes.

PARSLEY.

Chop enough to last for several days. Melt some butter and add the parsley, and let boil up once. When cold put on ice. This saves time, though it is best to prepare the parsley fresh for each meal.

MUSHROOMS.

Wash and dry them, then roll in flour and fry in fat until brown. Add some soup stock and steep until done. Cover well. If the stock is too thin, add a little browned flour; season and serve on toast.

COOKED CORN.

Steam the ears until tender. Serve with tomato or with potato and apple puree.

CANNED CORN.

Thicken the corn with flour and water. Add a small

Mushrooms prepared in any style form a good combination with egg foods. Honey and sweet dried fruits are too rich in carbon to serve at the same meal with egg foods. Oranges, cherries, green grapes, dried apricots, cranberries, or rhubarb compote are suitable for dessert when egg foods are used. If raw berries are desired they should be eaten at the beginning of the meal.

amount of hot cream and season with salt and pepper or a few spoonfuls of tomato juice. If no cream is desired, drain off the liquid and thicken like butter sauce. Canned corn, being a rich and soft food, should not be mixed with many other foods at the same meal. It is more suitable for the morning or noon meal than for supper.

KOHLRABI.

Peel, slice thin, and stew in a very little water. When nearly done, add some hot soup. Prepare with a butter sauce. Chop fine some green leaves of the plant previously boiled and add.

CABBAGE.

Wash and cut in quarters. Mince very fine and put on to boil in a little water with salt. When tender, drain off the water and prepare a butter sauce for it; mix with the cabbage, flavor with lemon, mace or pepper and serve with hard boiled eggs. If a cream sauce is desired, thicken the cabbage with a little corn starch dissolved in cold water, let boil a few minutes then add the cream. Milk may be used instead of cream, or with the butter sauce but is not to be recommended for people with intestinal indigestion.

RED CABBAGE.

Prepare like the foregoing. Let it boil for twenty minutes in an earthenware dish, then add three to five ounces of oil, a few tablespoonfuls of vinegar, one of sugar, a little salt and caraway seed. Let all simmer slowly for several hours. A few tart apples may be cooked with it to flavor the cabbage. The apples may be removed when done, and can be served for breakfast. Thicken the cabbage with a little brown flour. Flavor with onion if desired.

CABBAGE WITH TOMATO SAUCE.

Wash and cut into quarters, and cook in a very little water.

Cabbage is rich in minerals. It can be made very indigestible by careless preparation. Raw cabbage is easily digested if chopped very fine and mixed with grated potato and mayonnaise dressing.

When done prepare a tomato sauce and pour over the cabbage, or serve plain with butter or oil.

SAUERKRAUT WITH DUMPLINGS.

Wash the sauerkraut in cold water several times. For people with sensitive stomachs boil it for a short time; then drain off the water and boil again. Cook from one to two hours. Then add butter and flour.

SAUERKRAUT SALAD.

Wash several times in cold water, press out dry and mix with French or mayonnaise dressing. It may be chopped fine if desired. Serve with eggs or beans.

VEGETABLE OYSTER.

Wash, scrape and boil in salt water until tender—about 40 minutes. Prepare with butter, milk or cream sauce, or mash fine and fry like potato balls. Season with lemon or pepper.

TURNIP PUREE.

Prepare like carrot puree. Cook with as little water as possible.

FRIED PARSNIPS.

Scrape, wash and cut in slices, lengthwise. Boil in salt water for 5 minutes, then drain and fry in smoking hot fat. They can be turned in batter if desired. They may be fried without cooking, like sweet potatoes.

KALE.

This is a desirable vegetable in cold weather. It is purifying and very valuable during the rainy season, in malarial districts. Remove the leaves from the stems, wash and boil in salt water, using as little water as possible. Chop very fine and prepare like spinach.

Spinach is also a very valuable vegetable. Besides being rich in iron and phosphates, it is laxative, and excellent as a medicinal food for constipation. Wash it thoroughly. For a delicate stomach use the leaves only. Steep it in as little water as possible, chop very fine or rub through a colander; season with pepper, salt, lemon and butter, or prepare with a butter sauce.

SQUASH.

If young and tender it does not require peeling. Wash, cut into small pieces and steam. When done, mash fine and season with salt, pepper and cream, or butter, and a few drops of lemon. It may be cut in slices and fried in oil, or dipped in butter and fried like egg plant.

TOMATO PUREE.

Cut some fresh, firm tomatoes into several pieces. Cook in a double boiler with as little water as possible. Rub through a sieve with a spoon or potato masher. From 3 to 6 ounces of thick puree is sufficient at a meal, for the average adult. For medicinal purposes, tomatoes may be eaten in large quantities.

CANNED STEWED TOMATOES. No. 1.

They are more wholesome if not cooked. Place a can of tomatoes in hot water to heat, drain off the liquid, and serve. The liquid may be kept for soup.

STEWED TOMATOES. No. 2.

Heat a can of tomatoes, thicken with flour and water, and let boil 10 minutes. Add some butter and flavor with onion, and small amount of sugar if desired.

STEWED TOMATOES. No. 3.

Prepare as number two, thicken with bread or cracker crumbs, instead of flour.

STEWED TOMATOES. No. 4.

Heat a can of tomatoes. Then heat some butter and oil in a flat saucepan, thicken with mixed flour, flavor with onion, add the tomatoes gradually, and let boil a few minutes.

SWEET POTATOES.

Boil the potatoes in the jackets, let cool, peel, slice, and fry

The tomato stimulates peristalsis and is a wonderful tonic. It contains a vegetable calomel and serves as a purifier for the liver in bilious conditions.

in one-half butter and one-half oil. Serve with cranberry sauce. Sweet potatoes may be peeled and sliced in the raw state, and fried in half oil and half butter. Serve as above. They are very suitable for breakfast.

CREAMED POTATOES.

Select small potatoes and boil in the skins. Add some salt. When done, peel and cut into thin slices. Bring some milk to a boil, and thicken with corn starch dissolved in water, or prepare a butter sauce with butter, flour and milk. Add the potatoes and some finely chopped parsley.

CRUST POTATOES.

Use small, imported German potatoes. Boil with the skins, peel and turn in yolk of eggs and rye nuts; fry in oil and butter. Serve with sprouts, or spinach and eggs.

STEAMED POTATOES.

Peel small sized potatoes, wash and put into a steamer or colander. When done pour into a dish, and mix with chopped parsley and fresh butter.

FRENCH FRIED POTATOES.

Peel and cut into long strips or thin slices. Put into salt water on ice for half an hour. Fry in boiling oil.

MASHED POTATOES.

Peel, wash, and boil or steam the potatoes; when done, mash fine, and add some hot cream or cold butter-milk, and a little salt, also a piece of butter.

MASHED SWEET POTATOES.

Prepare the same as white potatoes.

POTATO BALLS.

Beat 2 eggs with an egg beater, mix with one cup of left-over mashed potatoes, shape into balls and fry in hot fat.

If certain foods do not agree, or produce indigestion, study their combination and preparation carefully, also the proportion and time of the day when most suitable. If this does not prove satisfactory, leave them alone.

POTATO PUDDING.

Prepare the same as potato balls. Put the mass into a pudding dish and cover with rye nuts, grated cheese, or a beaten egg mixed with rye nuts, and bake for an hour.

Potatoes consist mainly of starch and water. They are more expensive than wheat, rye, oats, barley and corn. They should not be eaten oftener than once a day, or better three times a week. People who do hard physical or mental work should not eat potatoes at the noon meal. Fats, eggs, cheese and greens combine well with potatoes.

Baked potatoes or tomatoes form a good addition with cabbage. For proteins use hard boiled eggs or any variety of beans either baked, in the form of soup, or as a roast. Potatoes and tomatoes should not be mixed at the same meal unless a liberal amount of fat is served at the same time.

Cooked foods which have poor keeping qualities should not be kept for further use, or no more should be prepared than can be eaten at one meal. To this class belong cooked under-ground or leaf vegetables, custards, soft puddings, milk and egg foods and gelatines. Damp or rainy weather is more favorable for decomposition of foodstuffs than dry weather. If a variety of left-over food is on hand which cannot be combined into one dish, it is better to serve different food to each member rather than to divide each article for all; the latter custom may be more polite, but it is not wise to mix a great variety of foods at one meal.

Left-over potatoes can be utilized in many different ways: for pancakes, potato-dumplings, creamed potatoes or for salad. Fried cooked potatoes are not a good food for the noon meal, especially for children or people doing active work.

CHAPTER III.

LEGUMES, EGGS, AND CHEESE.

LEGUMES.

Legumes lose their natural flavor and stimulus in the process of drying and cooking, therefore they are not palatable or as easy to digest without some form of fat and an appetizing raw salad, fruit or soup, which supplies the needed stimulant to the system. Apples, lemons, grapes, oranges, carrots, celery and lettuce are most suitable as an addition. Many people add sweets to legumes or make them more indigestible by adding ground nuts and other rich foods. Such foods are a dangerous burden to a weak stomach and liver. Heavy protein foods require an acid medium for proper digestion and utilization. If legumes are used in the form of soups and purees, nothing should be added but a little flour, dry toast, fats, or raw vegetables.

BAKED BEANS.

Pick over the beans carefully, wash and soak them in soft water. Bring to a boil in the same water, simmer slowly until the beans are tender and the fluid is nearly absorbed. If necessary add more water during the process of boiling. When done, pour them into a bean-pot or round pan, cover the top with cooking oil and a few whole onions. Bake about an hour.

BAKED LENTILS OR PEAS.

Prepare in the same manner as baked beans, use less fat for preparing them, especially during the summer. Onions and celery roots are rich in fatty substance. These may be added to the legumes while boiling, and be made into a salad for another meal. In cooking legumes it is best not to add the salt until they are nearly done as the salt hardens the water.

Baked legumes if preserved with fat or oil can be kept on hand for a week and be re-baked two or three times per week.

One third to one fourth of beans (measured before soaking) is sufficient for one meal for the average person under ordinary conditions. Masticate two or three beans at a time to insure good digestion.

If legumes are prepared boiled instead of baked it is better to add a thickening of flour and butter before serving, otherwise they may produce flatulent dyspepsia.

LIMA BEANS. No. 1.

Soak some lima beans in soft water. Cook in a small amount of water with a little salt. When tender, dissolve some cornstarch with cold water and add to the beans; boil for 10 minutes, then add a few tablespoonfuls of hot cream and remove from the fire. Flavor with chopped parsley, if desired. Mashed or raw carrots are a good addition.

LIMA BEANS. No. 2.

Prepare like the foregoing. Drain off the water and add a piece of butter, the yolk of an egg, a little lemon juice and parsley, if desired.

LIMA BEANS. No. 3.

Prepare like the foregoing. Drain off the water and prepare a butter-sauce, mix with beans and serve plain, or add the yolk of an egg, a little lemon and parsley.

PEA PUREE.

Soak $\frac{3}{4}$ cup of dried green peas in soft water. Boil with 1 quart of water and 1 onion for about an hour. Bake in a beanpot for $1\frac{1}{2}$ hours or longer; add more water if necessary. Keep the peas covered. When done run through a colander and add 1 teaspoonful of butter. This makes about $\frac{3}{4}$ of a cup of puree. One-third of this portion is sufficient for a sick person or a young child. Serve on toast, or with raw carrots.

BEAN AND LENTIL PUREE.

Prepare and serve like the foregoing. If a soup is desired in place of puree, dilute one-third of a cup of puree with one and a half of boiling water and finish as in legume soup.

Dried beans contain more of the protein than peas, lentils or beef. They are therefore a very rich food and should not be consumed in large quantities. In countries where the water is hard, it is well to have soft water on hand for the cooking of legumes. If rain water cannot be obtained, boil a kettle of water each day and set aside to cool for cooking purposes. Legumes may be soaked with hot or cold water.

RAW BEANS.

Soak one tablespoonful of white beans or twelve to twenty lima beans in soft warm water for four hours or over night. Serve plain with tomatoes or carrots and green leaves or prepare in the form of a salad. Onions and parsley are also good additions. No more than the above measure should be used for one person at a meal. People with digestive troubles or those who can not live out of doors, should leave raw legumes alone.

SOFT BOILED EGGS. No. 1.

Put the eggs in cold water, place on the stove, and let come to a boil slowly. When the water begins to boil the eggs will be done.

BOILED EGGS. No. 2.

Pour boiling water over them and let stand on a stove for 10 to 20 minutes. Boiling will make the albumen of the egg harder to digest.

FRIED EGGS.

Have the frying pan very hot. Set it back and pour in some olive oil, then break in the eggs and cover. Let them harden slowly. Serve with apple or tomato rice or with cooked or raw starchy or leaf vegetables, except beets or carrots, unless they are pickled.

BAKED EGGS. No. 1.

Pour whites of eggs on an oiled tin and place in a moderate oven or over steam until firm. Serve with any kind of vegetable or a salad of tart fruits.

BAKED EGGS. No. 2.

Beat the whites of three eggs to a stiff snow, add a little salt, mix with two tablespoonfuls of sifted bran and with two of fine rye nuts. Pour on an oiled tin, bake and serve as number one.

Scrambled Eggs No. 3 are preferable for people with gastric disturbance. Nos. 1 and 2 are recommended for people with intestinal weakness. All soft watery nitrogenous foods are more liable to ferment before they reach the intestines than those to which flour is added.

SAXON-SOOL EGGS.

Pour boiling water on the eggs and let them stand for 20 minutes on a hot stove, or boil the eggs 10 minutes. Lay in cold water for a few minutes, crack the shells well; place them for four hours or longer in a strong salt solution, which must contain so much salt that the eggs will swim. Prepare as follows: Bring a quart of water to a boil, dissolve about one cupful or more of salt, let boil a few minutes and cool.

ESCALOPED EGGS.

Boil or set some eggs until hard. Cut into halves or quarters and pour over them a butter sauce flavored with horse-radish, capers or mustard. Serve with baked potatoes and string beans or sprouts. If the butter sauce is prepared with tomato juice, serve wheat bread or crackers with them instead of potatoes.

PICKLED EGGS.

Boil or set some eggs until hard. Then boil one pint of vinegar with a pint of water and a little salt and pour into a deep earthen dish, add some whole peppers and bay leaves. Remove the shells from the eggs and place them in the pickle. Tie up with paper, let stand for a week or longer. These eggs are a good addition to sandwiches or can be served with salads or green leaves, olives, apples, tomatoes, asparagus or cabbage.

SCRAMBLED EGGS. No. 1.

Break the yolks and whites into separate bowls. Add one teaspoonful of flour to each yolk of egg and also a little salt. Beat with an egg beater until smooth, then add as many tablespoonfuls of cold water as there are eggs and beat again. Add the snow of the whites and pour into a large frying pan, in which some oil or fat has been heated. Stir constantly until all is solid. Serve with potatoes or toast and green vegetables.

SCRAMBLED EGGS. No. 2.

Prepare the same as the foregoing. Use a double amount or more of water or milk or cream, also more flour if desired.

People who have difficulty in digesting eggs will find it more agreeable to eat the yolks and whites at different times of the day. The former prepared in salad dressing or boiled custards; the latter in the form of baked eggs with lemon and green vegetables.

Mixed flour is preferable to pure white flour. If eggs are expensive serve a milk or green pea soup as entree and use less eggs.

SCRAMBLED EGGS. No. 3.

Beat yolks and whites separately. Add as many tablespoonfuls of water or milk or cream as there are eggs. Omit the flour.

SCRAMBLED EGGS WITH POTATOES.

Cut left-over potatoes into small pieces or slice; fry them in half butter and half oil until brown. Then prepare a batter as directed for scrambled eggs, pour over the potatoes and stir until the egg is firm. If the flavor of onion is desired, add a few, finely chopped, and brown in butter in a separate pan; when done, mix with the eggs and potatoes and serve. Flavor with pepper, if desired. String beans and black toast make a good addition.

SCRAMBLED EGGS WITH TOMATOES.

Prepare a batter as directed for scrambled eggs, add tomato juice or tomato puree instead of milk or water. Flavor with grated onion and celery salt. Serve with bread and green vegetables.

OMELET.

Prepare the same as scrambled eggs No. 1 and 2. Do not stir. Cover and set in a moderate oven or on back of stove. When firm remove the cover and brown in oven. Serve with tart fruit sauce or with apple and lettuce salad, prepared with French or mayonnaise dressing.

COTTAGE CHEESE.

Put some whole, or skim milk, into a pan and set in a cool room, which has plenty of fresh air. Do not cover the pan. If the room is exposed to dust, put a few long sticks over the pan and cover with a cheese-cloth. When the milk begins to get thick, set the pan into a larger pan with warm water, and keep it in a warm place or in the oven until the curd separates; it must not become hard. Then put a cheese-cloth on a colander and pour the milk into it. Let stand for several hours, until the whey is thoroughly drained off. Then chop fine some green peppers or onions, mix with the cheese, add a little salt and pepper, and serve with apple or potato salad or spread on sandwiches. A few teaspoonfuls of sugar and caraway seed may be added in place of the onion and pepper.

CHAPTER IV.

MISCELLANEOUS DISHES.

IRISH STEW.

Let a quart of water come to a boil; add 10 to 12 pearl onions, two bay leaves, a teaspoonful of salt and a few whole black peppers or the skin of green peppers. When the onions are nearly done, add six small potatoes, let all simmer slowly until the potatoes are tender; then blend a spoonful of flour with some butter or oil, add the broth gradually. Cut five Saxon Sool eggs into halves, mix with the butter sauce and let stand in a warm place for ten minutes or until the eggs are warmed through. Then add the cooked vegetables and plenty of chopped parsley. Serve on a large platter. A tablespoonful of horseradish or French mustard added to the butter sauce gives it a pleasant flavor. In place of the butter sauce, the broth may be thickened with a little corn starch dissolved in water and two tablespoonfuls of thick cream used in place of butter. The above quantity is sufficient for a family of three. The most suitable cooked vegetable served with this dish is string beans. People who have to live on an economical plan can add one cup of hot milk to the broth and prepare more sauce. In this way the protein in the milk can serve as a substitute for two eggs. If bread is desired, serve it at the end of the meal. Toast is preferable.

DUMPLINGS WITH POTATOES AND PRUNES.

Steam the potatoes. Prepare some nutritious dumplings from flour or bread with eggs. Heat some butter or oil, add finely chopped onions, fry until brown, remove from the fire and add two tablespoonfuls of syrup and some lemon juice or vinegar. Pour the potatoes and dumplings on a

Do not keep a tight cover on a dish, jar or bottle which contains raw or cooked food, unless the air within is sterile. Allow cooked food to stand open until it is cool, then put the cover over two-thirds of its opening or cover with a cheese-cloth or colander.

dish, mix with stewed cold or warm prunes, pour the syrup sauce over it, and serve. The syrup sauce can be thickened with flour and strengthened with the water in which the dumplings have been cooked; the prune juice can be added in place of the syrup. Good during summer. Dried pears or string beans may be substituted for the prunes, or a lettuce or string bean salad served with it. Macaroni or noodles may be used in place of dumplings. Growing children or those who work hard, not finding this meal satisfying, may drink some milk or eat nuts at the end of the meal.

LIMA BEANS WITH CARROTS AND POTATOES.

Soak one pound of lima beans in rain or soft water over night, cook for half an hour, add salt, and then add five good sized carrots cut to the size of the beans. Cook both for half an hour, then add four or five potatoes and cook all together until done. Thicken the broth with corn starch, add chopped parsley and butter. A tablespoonful of vinegar and sugar may be added to the sauce if the flavor is desired. The carrots may be cooked by themselves; when done, add the water to the beans and potatoes, pour a little diluted vinegar over the carrots, let stand 20 minutes, drain off the vinegar and add the carrots to the beans and potatoes. This is preferable for people who dislike the sweet taste of the carrots. Bread is not needed at this meal, as potatoes and carrots furnish sufficient carbohydrates. If bread is desired, it should be eaten in place of dessert with a little unsweetened black coffee or malt coffee.

SMALL WHITE OR BROWN BEANS WITH CARROTS AND POTATOES.

Prepare as above. Time for cooking depends on the quality. Do not add the carrots until the beans are nearly done.

PEAS WITH CARROTS AND POTATOES.

Prepare the same as the foregoing. Young green peas or

The recipes for mixed boiled dinners consisting of legumes, carrots and potatoes are more wholesome and nutritious than a meal consisting of potatoes and vegetables each cooked in water and served with yeast-bread, sweets, or rich soft nitrogenous foods.

string beans may be used in place of dried peas. This furnishes an excellent combination during the summer for those who prefer cooked food.

GREEN PEAS WITH DUMPLINGS.

Prepare a flour dough for dumplings. Boil them in salted water or in the liquid of the peas. If the peas are desired in soup form, boil the dumplings in the soup and omit thickening. Use one-third to one-fifth of a cup of dried peas for each person, according to size, age and occupation of the individual. This makes a perfect meal for dinner. The peas and dumplings furnish sufficient protein and starch; the fat can be added to the dough of the dumplings.

SUCCOTASH.

Cook lima beans until tender, add one cup of corn (canned or scraped from the cob) to two cups of lima beans. Let both come to a boil, thicken with a little corn starch which has been dissolved in cold water, season with celery salt or pepper and serve. Do not serve yeast bread or potatoes at this meal. Thoroughly toasted bread, green leaf salad and tomato puree are good additions.

LENTILS WITH ONIONS.

Soak a cup of lentils in soft water. Cook or stew in a double boiler, when nearly done add ten to twelve onions and salt. Let simmer slowly, when done thicken with a little corn starch, add a piece of butter and serve with tomato puree or with a salad of green leaves and raw tomatoes.

MIXED VEGETABLES (Leipsiger Allerlie).

Use asparagus tops, young French carrots, peas, and cauliflower. Cook each vegetable separately with salt, in as little water as possible. When done, drain the water from each and use for soup. Mix the different vegetables in one dish

Green peas are richer in minerals than yellow peas, beans or lentils, the protein being in the form of legumin and easier to digest. They are very purifying.

and pour browned butter over them. Serve with eggs. A butter sauce may be prepared from the vegetable water in place of brown butter. Bread or flour dumplings may be served with it.

CABBAGE WITH RICE. (Jewish Dish.)

Remove the outside leaves from a firm head of cabbage, cut into halves and quarters and let stand in salted water for half an hour. Then put into boiling salted water and cook for about 20 minutes. Wash a cupful of rice and add, cover and let simmer slowly until all is done. There should be plenty of water on the cabbage for the rice to swell, so that it will not become sticky. About 2 quarts for a medium sized head of cabbage. Some people prefer to cook it with a tablespoonful of sugar. When ready to serve add a piece of butter, and pour all on a large platter. Do not eat yeast bread with it. Drink fresh milk or eat walnuts at the end of the meal. If bread is desired, use toast.

CABBAGE ROLLS.

Wash some large cabbage leaves. Fill them with dough mixed with eggs. (See recipe for bread dumplings). Then tie the rolls together with a string. Steam in a shallow dish with as little water as possible. Serve with a butter or tomato sauce and hard boiled eggs. Flavor with mace.

POTATO STEW. (Food Man's Bill of Fare.)

Boil some steel cut oats or pearl barley as directed for gruel (See Page 54 ; when nearly done add some medium sized potatoes and a little more salt. When the potatoes are tender, put them into a deep bowl, strain the gruel and pour it over the potatoes. Add a piece of butter or prepare a little sauce and mix with the gruel. Flavor with chopped parsley or onion. Good additions are: black toast, bran crackers, string beans, sprouts or kale. Oranges or apples for dessert, if desired.

The amount of fat required for a meal depends much on the season of the year, the occupation and the individual peculiarities, therefore it must be left to the consideration of the housewife. All legumes (except peanuts) are poor in fat. A glass of fresh milk is a fairly good addition with mixed boiled dinners, especially for the growing child.

MACARONI WITH PEA SAUCE.

Boil macaroni in salted water until quite soft; put into a colander. Prepare a pea sauce from the water which is drained from the macaroni, add left-over pea puree or dried pea meal. Serve over the macaroni. If the flavor of onion is desired, boil one onion with the macaroni or cut up fine and fry in butter. If this meal is not sufficiently satisfying serve some grated cold Swiss cheese in addition or drink fresh milk with it. In place of the latter walnuts may be eaten at the end of the meal. If the macaroni is served with tomato instead of pea sauce, some form of the above mentioned protein foods is absolutely necessary.

MACARONI WITH BAKED CHEESE.

Boil sufficient macaroni in salted water to fill a baking dish two-thirds full, pour over it some hot milk or tomato juice and a cupful of grated cheese, add a piece of butter and bake until brown. Serve with string beans, green leaf salad or pea soup.

RICE WITH PEA OR LENTIL SAUCE.

Cook some rice in salted water. When done add a piece of butter. Serve with the above mentioned sauce. Eat nuts at the end of the meal, either alone or in combination with dried currants or raisins.

SPANISH OMELET.

In the middle of the cooking omelet put a roll of hot spinach, turn over carefully and serve on a platter with puree of tomato as a gravy.

PEAS AND CHESTNUTS.

Boil blanched chestnuts until tender, then add some young peas (canned or fresh ones boiled separately), let come to

A pinch of pepper on gravies, milk soups, or other nutritious dishes, if mixed thoroughly with the food, assists in the coagulation of soft nitrogenous foods and prevents putrefaction, but excess of it, or if sprinkled on dry food, is very harmful. Free salt and ground spices create an abnormal desire for water and food, and they injure the mucous membrane lining of the blood vessels and glandular structures, and obstruct the capillaries.

a boil, season and serve with unleavened crackers or toast. For dessert use grapes, oranges or fruit gelatine.

PEA CHEESE.

Bake or steam six medium sized potatoes. Then grate or mash fine, add salt, pepper and some butter or one-half cup of hot cream and one cup of pea puree. Mix well and pour into a square dish. When cold, slice and dip into cracker crumbs and brown in the oven or fry. Serve with carrots or mushrooms and green salad. Chestnuts or walnuts are also a good addition.

PEA LOAF.

Prepare as the foregoing, pour into a baking dish and cover with grated Swiss cheese. Bake in the oven and serve with tomatoes or apple salad and green leaves. Beans and lentils may be prepared in the same manner and flavored in different ways. Parsnips may be used for bulk instead of potatoes. The latter two vegetables are preferable to bread or toast as bulk for the reason that it makes the dish too rich in certain food elements.

CHAPTER V.

SOUPS.

BEAN SOUP.

Wash one and one-half cups of black, white, red or mixed beans and soak in 1 quart of warm soft water over night. The next day add 5 pints of cold or boiling water, let come to a boil; add 2 finely cut onions and a potato, parsley or other flavoring. Let simmer slowly for 3 hours or longer; then strain. Heat some oil or butter, mix with 2 or 3 table-spoonfuls of flour in a clean saucepan over the fire, add the strained bean soup gradually, let boil a few minutes and serve. A cupful of strained tomato juice and chopped parsley may be added. Serve with fried bread or bread and butter and raw carrots.

CREAM OF BEAN SOUP.

Prepare like the foregoing. Leave out the fat, flour and tomatoes; mix with one-fifth part or less of hot cream before serving. Add plenty of chopped parsley.

LENTIL OR PEA SOUP.

Prepare like bean soup. Flavor with celery roots if desired.

VEGETABLE SOUP.

Use Carque's dried vegetables and follow directions on the package. Add butter and flour or thicken with barley, rye, or flaked wheat.

KNORR'S VEGETARIAN SOUP.

Knorr's dried legumes and vegetable soups can be bought in first class grocery stores. Some are prepared with meat, others without. Legumes soups can be prepared in many different ways. Sample: Cut up a few onions and potatoes

Soups. Many American housekeepers do not know how to prepare soups and do not like them. The fact that people of many nations in the world, with smaller incomes than the average American working man, use soups daily, once or twice, and are far superior in physical strength and endurance to the latter, should convince every one that nutritious soups are an important article of diet.

and cook in the desired quantity of water. When partly done, dissolve some dried legume powder, use less than the directions call for. Let all cook 20 minutes. Mash up fine and run through a colander. Add plenty of chopped parsley and a little cream or thicken with butter and flour.

SPLIT PEA SOUP.

Soak one-third of a cup of green or yellow split peas in soft water. Put to cook with two or three cups of water and let simmer slowly for an hour or longer, add salt and flavoring to suit the taste. When done, mash the peas fine with potato-masher. Dissolve 2 teaspoonfuls of cornstarch in cold water and add while stirring it. Let boil 5 to 10 minutes, remove from the fire and add a teaspoonful of butter or two ounces of hot cream and some chopped parsley. Serve with soda crackers or swieback. Raw celery, carrots, parsnips or cucumbers may be substituted for the bread or eaten in addition at the end of the meal.

ASPARAGUS SOUP. No. 1.

Cut off one-third of the upper end of the asparagus, then wash, cut in pieces and put to boil in water, add some salt; when tender thicken the water with mixed flour, let boil 10 minutes. Add one-half hot milk. Flavor with pepper. Serve.

ASPARAGUS SOUP. No. 2.

Prepare as No. 1; when tender heat some butter, thicken with mixed flour, add the asparagus water gradually and boil a few minutes. Then remove from the fire, stir several yolks of eggs with a little cold water on a soup plate, add the asparagus soup gradually. Flavor with lemon and serve.

ASPARAGUS SOUP. No. 3.

Prepare like No. 1; add three tablespoonfuls of fresh rich cream or 3 yolks of eggs dissolved with a little cold water.

Close study and persistent effort will enable every homekeeper with small means to learn how to prepare a soup that is palatable and nutritious.

Add lemon juice and a tablespoonful of butter before serving if eggs are used. Hygienic crackers or black crusts are a good addition. Serve as a whole meal mornings or evenings or as an entree for dinner.

CORN SOUP. No. 1.

Dilute a can of corn with two canfuls of barley water and press through a colander. Heat some butter, mix with flour and add the hot broth. This is more suitable for breakfast or dinner than for supper. Serve with black toast.

CORN SOUP. No. 2.

Dilute the corn with hot milk or water. Thicken with corn starch, add a little hot cream or piece of butter.

BUTTERMILK SOUP.

Mix some white flour with cold buttermilk, stir over the fire until it boils, add sugar and boil ten minutes. Add hot cream or yolks of eggs or flavoring before serving, as desired.

MILK SOUP WITH MACARONI.

Break some macaroni into boiling water, boil fast for 45 minutes. When done, add an equal part of buttermilk or sweet milk. Thicken with a little rice flour.

MILK SOUP WITH FLOUR DUMPLINGS.

Prepare some flour dumplings with or without eggs. Drop into boiling salted water; when done, add some hot milk or buttermilk. Thicken with a little flour, add salt and serve. Sweet dried fruits can be added.

BUTTERMILK SOUP WITH RICE.

Cook some rice with water as directed for "Water Rice"; when done add one quart of buttermilk to one quart of cooked rice, mix well and stir over the fire until it boils. Add one-third cup of sugar and simmer with a piece of cinnamon or

Left-over sklm-milk is best utilized for cheese, pancakes, whey gruel, whey or milk sauce, or boiled and served with stale rye or corn bread. Vegetables prepared with milk do not make a good combination. Soft puddings prepared with sklm-milk, sugar and eggs, are not very wholesome unless the necessary amount of fat is added in the form of butter. Sklm-milk and fruit is not a good combination.

vanilla for half an hour longer. Add more salt if necessary. Some dried soaked cold prunes, currants or raisins may be mixed with the soup before serving. This forms a perfect meal for dinner on hot summer days or for supper in winter or summer.

MILK SOUP WITH EGG.

Mix two tablespoonfuls of corn starch, arrowroot or fine white flour with a cupful of cold water; add a little salt and the yolks of two eggs and beat with an egg beater. Then mix one quart of fresh milk with a cup of water and heat over a quick fire to about 170 F. Then add the flour and egg, some lemon rind, vanilla bean or bitter almond. Stir fast or beat with an egg beater over the fire until it comes to a boil. During hot weather this soup can be served cold, as a light luncheon or for supper. For this purpose it should be stirred for a while after removing it from the fire until it is nearly cold. Serve with crackers, toast or strawberries. If a sweet flavor is desired, add a tablespoonful of sugar, honey or Eagle-brand Condensed Milk with the other flavoring. If skim milk is used add a tablespoonful of butter also.

MILK SOUP WITH BARLEY.

Wash and soak a cup of pearl barley with soft water for several hours or over night. Put on to cook with a quart of water and a little salt. Let simmer slowly for about one hour; then add a quart of cold or hot milk. Stir well and let cook 10 to 20 minutes longer. Serve with toast or with bread and butter for a lunch or supper or as an entree.

MILK SOUP WITH RICE.

Wash four tablespoonfuls of rice, boil in $1\frac{1}{2}$ pints of water with a little salt until the grains burst. Then add $1\frac{1}{2}$ pints of hot or cold milk and cook 10 minutes longer. Flavor to suit the taste. Serve with soda crackers or with toast. If

People who are not able to digest a sufficient amount of protein or cereals, require more fats. The latter can be made easily digestible if rightly combined and prepared in the form of soups, warm sauces, boiled custards and mayonnaise dressing. In this way the fat globules are equally divided in the food and can be better emulsified.

skim milk is used add butter after removing the soup from the fire or cook the butter with the grains before the milk is added.

MILK SOUP WITH OATS OR BUCKWHEAT.

Wash one-half cup of either with cold water several times. Put on to boil with a quart of water and salt to taste. Let cook for about 40 minutes or until the grains burst. (Buckwheat requires nearly an hour to cook). Then add 2 cups of rich milk and let come to a boil. Serve plain or with dried soaked fruit. Bread is not needed at this meal.

MILK SOUP WITH CORN MEAL OR RICE FLOUR.

Bring three cups of milk and $1\frac{1}{2}$ of water to a boil. Dissolve 4 to 6 tablespoonfuls of meal with half a cup of cold water and stir into the hot milk. Add salt and cook it for 20 minutes.

MILK SOUP WITH CORN STARCH.

Prepare as the foregoing. Cook 10 minutes. Dried currants are a good addition. Corn meal being rich in oil and pure in nitrogen, combines better with skim milk than some of the other cereals.

MILK SOUP WITH WHEY.

Prepare a pint of sweet whey according to directions; then heat to the boiling point and add a cup of hot water. Heat some butter or vegetable oil, mix with two tablespoonfuls of mixed flour, add the hot whey gradually and salt to taste. Let cook a few minutes, then add one cup of hot milk. Flavor.

MILK SOUP WITH CHOCOLATE.

Bring 3 cups of milk and 1 of water to a boil, add a piece of vanilla bean. Dissolve chocolate and pour into the boiling milk. Let cook a minute; then dissolve 2 to 3 tablespoonfuls of corn starch or arrowroot with a little cold water and stir into the hot chocolate. Add salt and serve. Black crusts or

toast are a good addition. Potato flour can be used instead of arrowroot. It is cheaper, and can be bought at a first class store.

If this soup is prepared from cocoa, add the necessary amount of sugar and prepare the same as the foregoing.

MILK SOUP WITH BROWN FLOUR.

Brown some flour according to directions. Dissolve with warm water and stir into boiling milk or half milk and half water. Let boil a few minutes. Flavor.

MILK SOUP WITH WHITE FLOUR.

Prepare as above. Use plain or mixed flour. Add the yolk of an egg and a piece of butter, if desired.

Water Soups and Gruels.

WATER SOUP. No. 1.

Melt a tablespoonful of butter or oil, mix with 1 tablespoonful of white or mixed flour over the fire. Then add gradually a pint or less of boiling salted water while stirring. Boil a few minutes. Serve.

WATER SOUP. No. 2.

Prepare as above. Add a grated carrot or half of an apple and boil for about 10 minutes. Add 2 to 3 ounces of rich hot milk before serving.

WATER SOUP. No. 3.

Cut up an onion or any desired vegetable and soak for half an hour. Strain and prepare as No. 1. Add 2 tablespoonfuls of cream, if desired.

WATER SOUP. No. 4.

Prepare as No. 1. After removing from the fire add two tablespoonfuls of hot cream or dilute the yolk of an egg or one-half tablespoonful of almond butter with an ounce of

cold water. To this add the hot soup gradually. Two ounces of cold buttermilk may be used instead of cream.

WATER SOUP. No. 5.

Prepare as No. 1. Add an ounce of fresh or preserved fruit juice or a tablespoonful of fruit jelly before serving.

BARLEY SOUP.

Wash and soak a cup of pearl barley. Boil with 2 to 3 quarts of water and a teaspoonful of salt for 2 hours very slowly. Tie some celery stalks with a string and cook with it. Carrots or asparagus make also a good flavoring. When done, add a piece of butter and serve with soda crackers. Dried soaked fruit may be added before serving, if the flavor of vegetables is not desired. Cream and parsley are also good additions.

RICE SOUP.

Prepare as barley soup No. 1. Flavor with fruit or vegetables. Add the yolk of an egg, if desired. Follow directions as in Water Soup No. 4. Cream is also a good addition.

WHEY GRUEL OR SOUP.

Heat one and one-half cupfuls of sweet or slightly sour whey to the boiling point. Melt a tablespoonful of butter, mix with a tablespoonful of mixed flour and add the hot whey gradually. Boil a few minutes. Remove from the fire, add the yolk of an egg and a few drops of lemon juice. If sour whey is used, add a tablespoonful of cane-sugar while it boils, or mix the gruel with a few soaked or stewed prunes or with dried currants. Add cream in place of egg and butter, if desired.

WHEY GRUEL FOR TWO PERSONS.

Wash one-fourth of a cupful or 4 tablespoonfuls of sago several times with cold and warm water until the water becomes clear, then soak in one-half cup of cold or warm water

for several hours or over night. Bring 2 cups of whey to a boil with the peeling of one-half a lemon or a piece of cinnamon bark. Stir in the sago, let boil 20 minutes, and add one-fourth teaspoonful of salt. Remove from the fire and add a teaspoonful of butter, the yolk of an egg diluted with a tablespoonful of cold water, and a few drops of lemon, or leave out the egg, butter and lemon, and add 3 ounces of hot cream. Mix well, pour on soup plates and serve with soda crackers or zwieback, or one-half of a raw red Oregon apple. One tablespoonful of sugar may be added, if allowed. Sour whey may be used instead of sweet whey.

CELERY SOUP.

Wash celery stalks, scrape and cut into one-inch pieces. Boil in a very little water, with a pinch of salt. When tender, put the celery into one cup and the water into another cup. Squeeze the juice of one-half lemon on the celery stalks and let stand for 10 or 15 minutes. Heat a tablespoonful of butter and mix with a tablespoonful of mixed flour, and add the hot celery water. If there is not sufficient fluid, add more boiling water. When done, remove from the fire, add another teaspoonful of butter, then add the celery; mix well.

If the lemon makes it too sour, pour some boiling water over the celery, and let it drain through a colander. When ready to serve, combine the soup with the yolk of an egg.

If vegetables cause fermentation, they are less liable to do so if treated with acids as directed above.

CREAM OF CELERY SOUP. No. 2.

Prepare like No. 1, omitting lemon, egg and extra butter, and using three ounces of hot cream instead.

CREAM OF CELERY SOUP. No. 3.

Cook the celery as directed in No. 1. Add 2 teaspoonfuls of corn starch with water, and 3 ounces of hot cream.

STRING BEAN SOUP.

Select young, tender string beans, wash, trim and shred fine or break into one-half inch pieces. Cook in a very little water. Finish like Cream of Celery Soup, with or without lemon, egg or cream.

Add plenty of chopped parsley just before removing from the fire. This soup is very purifying to the liver and intestines, but should not be given to fever patients.

CREAM OF CAULIFLOWER SOUP.

Prepare the same as Cream of Celery Soup. The use of lemon is important for people who suffer with gas and flatulent dyspepsia.

SPINACH SOUP.

Prepare from spinach water, with butter and flour. When done, add a few tablespoonfuls of finely chopped spinach. Flavor with grated onion and lemon.

TOMATO SOUP.

Strain a can of tomatoes, and heat. Add an equal amount of boiling water or soup stock. Heat some oil, butter or fat; add flour, boil a few seconds; then add the tomato juice gradually and a little salt. Boil 3 to 5 minutes, then serve. It must be of the consistency of gravy. Raw cucumbers and celery are a good addition.

CREAM OF TOMATO SOUP.

Prepare like the foregoing. Add one-fourth part or more of hot cream before serving. If milk is used, it must be more in proportion than cream.

CREAM OF TOMATO SOUP. No. 2.

Mix one quart of hot water with one quart of strained hot tomato juice. Dissolve two to three tablespoonfuls of corn starch in cold water and stir into the boiling fruit juice. Boil 10 minutes, and season with salt and a little sugar, if desired. Remove from the fire, add hot cream, mix and serve. Good in the summer.

APPLE SOUP. No. 1.

Heat a tablespoonful of olive oil and one of butter, mix with a tablespoonful of white flour, gradually add a pint of boiling water and stir. When done, wash and grate one apple with the skin. Add the grated apple to the soup, also a pinch of salt, a tablespoonful of sugar and a stick of cinnamon. Let all boil for about 10 minutes. Remove from the fire, add another teaspoonful of butter and a few drops of lemon; mix well, pour on a soup plate and serve with crusts. If the stomach is very delicate the soup must be strained.

APPLE SOUP. No. 2.

Prepare as the foregoing. Add one-half of hot cream before serving; mix well. Omit the extra teaspoonful of butter, oil and lemon.

APPLE SOUP. No. 3.

Soak some stale or French bread with a little boiling water and a pinch of salt for an hour or longer, then add about a quart of boiling water, also one or two apples which have been cut up with the skins on, simmer slowly for an hour. Then run through the colander, add a piece of butter, or a little hot cream and serve. For flavoring use some dried raisins or currants or prunes; soak them with a little boiling water for an hour and add the soup before serving. In place of the fruit add vanilla bean, cinnamon or lemon rind and a tablespoonful of sugar with the soup in boiling.

HUCKLEBERRY SOUP.

Wash one quart of huckleberries and boil with two quarts of water and a piece of cinnamon. When done strain or leave the berries in the soup. Shape some dumplings with a dessert spoon and boil in the fruit soup until they rise to the top. Use recipe for flour dumplings No. 1. Cherry soup from fresh cherries may be prepared with dumplings instead of thickening.

All who are in the habit of eating more than their systems require and especially those who indulge in large amounts of bread at dinner, would do well to begin their meal with a soup. Legume and cream soups will furnish a satisfactory meal by themselves. For combinations, see "Menus".

BLACKBERRY SOUP.

Prepare the same as the foregoing or see recipe for blackberry gruel.

CHERRY SOUP.

Remove the stones from one quart of cherries, and bring two quarts of water to a boil with a stick of cinnamon, pour in the cherries and let them simmer for 20 to 30 minutes. Add enough sugar to counteract the tart taste and thicken with a little cornstarch. Cool and serve with swieback. If used for supper on hot days it should be prepared in the morning and allowed to cool. Beaten whites of eggs with a little sugar may be placed on top. Serve on soup-plates.

DRIED CHERRY SOUP.

Soak some dried cherries for several hours. Cook with the desired amount of water and a little sugar and cinnamon. Finish as the foregoing. This is excellent for convalescents during the winter.

PLUM SOUP.

Wash one pound of blue plums and boil with three to four pints of water, a stick of cinnamon and sugar until well done. Thicken with cornstarch, or with sago which has been soaked. Cook 15 to 20 minutes or longer. Run through a colander and add a piece of butter. Cool and serve with zwieback and beaten whites of eggs, if desired. Hot cream may be added in place of butter.

POTATO SOUP. No. 1.

Boil potatoes with salt water and an onion; pour off water, mash potatoes fine, and add the potato water. Bring to a boil some fresh cream and milk in a separate saucepan, and add it to the potatoes. Flavor with a little pepper, and chopped parsley.

POTATO SOUP. No. 2.

Boil the potatoes in plenty of water with salt and onions; drain off water, mash potatoes, and return to the potato water. Then melt some butter, thicken with flour, add the hot potato soup to it gradually, and boil all a few minutes. Bring some fresh milk and cream to a boil, add it to the soup, and flavor with chopped parsley and pepper.

MIXED VEGETABLE SOUP.

Chop up some celery, onion, potatoes, and parsley stems. Simmer in water slowly for 30 minutes. Strain, and prepare with butter and flour. Add plenty of chopped parsley. Finely cut cauliflower, string beans, and peas can be prepared in the same manner. For people with delicate stomachs the pulp of the vegetables should never be pressed through.

BREAD SOUP. No. 1.

Soak some stale white and black bread in boiling water for half an hour. Put on to boil with more water. Cut up a few apples with the skin and add a stick of cinnamon, a little sugar, salt, and some lemon rind. Simmer for 30 minutes or longer. Press through a colander and add some cold soaked raisins or currants and a piece of butter, also the yolk of an egg, if desired.

BREAD SOUP. No. 2.

Prepare like the foregoing. Leave out the apples. Add hot cream or milk in place of butter and egg. Use dried soaked currants or prunes, if desired.

BRAN SOUP. No. 1.

Use equal parts of stale bread and bran. Prepare like the foregoing. Leave out the egg.

BRAN SOUP. No. 2.

Prepare like the foregoing. Use more water, and strain. Melt some butter, thicken with mixed flour, add the hot broth gradually. When done, remove from the fire and mix with soaked cold raisins and a few drops of lemon.

BRAN SOUP. No. 3.

Use one cup of bran, four cups of water, four tablespoonfuls of milk sugar. Strain and thicken with butter and flour as directed for Bran Soup No. 2. Omit the fruit. A little lemon may be used, if desired. Good for invalids.

BARLEY GRUEL.

Soak a half cup of pearl barley, put to boil with three pints

of water, add salt and three tablespoonfuls of milk sugar. Let boil slowly for one hour, then strain. Heat a tablespoonful of butter, thicken with mixed flour, add the barley gruel gradually, let all boil a few minutes, then serve.

WHEAT GRUEL.

Put two to three tablespoonfuls of cream of wheat or farina into a saucepan. Add a pint of boiling water, a pinch of salt, and a tablespoonful of milk sugar. Let boil half an hour. Remove from the fire and mix with a teaspoonful of butter or two to three ounces of hot cream. Dried soaked raisins or currants may be added.

GLUTEN GRUEL.

Prepare as directed on package. Add cream or butter and the yolk of an egg.

RAW CEREAL GRUEL.

Soak one-half to one-third cup of flaked raw cereal with a cup or more of warm salted water. Let stand for several hours or over night in a warm place. Serve plain or with sweet dried fruits and fresh cream.

MIXED FLOUR GRUEL. No. 1.

Mix two tablespoonfuls of mixed flour with a little cold water, add two to three cups of boiling water, salt and a tablespoonful of milk sugar. Let boil 10 to 15 minutes, remove from the fire. Add two to four ounces of hot cream. Flavor with vanilla, cinnamon, grated lemon rind or bitter almond.

MIXED FLOUR GRUEL. No. 2.

Put to boil the same amount of flour as in number one. Use a cup of rich milk and one and one-half of water instead of water alone. Flavor and serve.

ARROWROOT GRUEL.

Prepare the same as mixed flour gruel. Add hot cream.

NUT GRUEL. No. 1.

Mix two tablespoonfuls of mixed flour with a little cold

Barley is rich in lime; it should take a more prominent place among food substances than it does. Pearl barley should be soaked with soft water before cooking.

water, add two to three cups of boiling water, salt, and a teaspoonful of sugar, if desired. Boil 10 to 15 minutes. Stir a tablespoonful of almond-butter or combination nut-butter with one or two tablespoonfuls of water to a smooth paste, add the gruel gradually, mix all well and serve.

NUT GRUEL. No. 2.

Heat a tablespoonful of butter in a flat saucepan, thicken with mixed flour, add two cups of boiling water, and salt, let boil a few minutes. Stir smooth a teaspoonful of almond-butter with cold water, add the gruel, mix well, flavor with lemon, if desired.

SAGO GRUEL.

Wash and soak a half cup of sago for several hours in a cup or more of cold water. Put into three cups of boiling water, add salt, a tablespoonful of milk sugar, or a teaspoonful of cane sugar, a stick of cinnamon, vanilla or lemon rind. Boil the sago 20 to 30 minutes. Remove from the fire, add three to six ounces of hot cream. Less sago may be used and a tablespoonful of rice flour dissolved with cold water added to it while boiling.

CORNSTARCH GRUEL.

Mix two tablespoonfuls of cornstarch with a little cold water, add three cups of boiling water, salt, a tablespoonful of milk sugar or a teaspoonful of cane sugar, boil 10 to 15 minutes. Add two to three ounces of hot cream. One-half of rice flour and one-half of cornstarch may be used in place of pure cornstarch. Flavor as desired.

MILK GRUEL. No. 1.

Mix a tablespoonful of rice flour and one of cornstarch with a little cold water. Add one quart of boiling milk. Boil 10 to 20 minutes. Add salt and flavor, as desired.

MILK GRUEL. No. 2.

Bring one pint of milk and one pint of water to a boil.

Sago and Tapioca are manufactured from certain palms and roots, and can be partially substituted for cereals. Cornstarch, arrowroot, potato-flour and agar agar belong to the same class. They are all valuable for the sick and for young children.

Dissolve two or three tablespoonfuls of white flour with a little cold water and stir into the hot milk. Let boil 10 to 15 minutes. A stick of cinnamon, vanilla or lemon rind can be boiled with the milk. If the flavor of almonds is desired, grate one bitter-almond on it after it is removed from the fire. The yolk of an egg may be added, if desired.

PEPTONIZED GRUEL.

Prepare a gruel from any farinaceous article. Pour into a bowl and allow it to stand until lukewarm. Add peptonized powder according to direction.

ONION GRUEL. No. 1.

Cut fine three or four onions, stew them in a quart of water very slowly and keep them well covered. When tender strain; heat butter or olive oil and thicken with mixed flour; add the onion broth slowly, let boil a few minutes. Flavor with salt and lemon. Cream can be added if desired.

ONION GRUEL. No. 2.

Put one-half of a cup of barley to soak, boil with four dried or green onions. Add salt, and strain.

BREAD GRUEL. No. 1. (WITH BARLEY.)

Soak and boil one-half cup of barley with salt in three pints of water, very tender, until there remains about a cup of liquid. Strain this. Then take some French bread or soda crackers, pour sufficient boiling water and a tablespoonful of milk sugar or cane sugar on it, let stand until it is perfectly soft, or until the water is all soaked into the bread. Then add the cup of barley water, let all boil for a few minutes or until bread and barley are well united. It may be strained, if desired.

OATMEAL GRUEL.

Wash half a cup of steel-cut oats. Put on to boil with three pints of boiling water and salt. Let boil half an hour. Strain, add butter and serve. This is excellent for nursing

Brown Flour: Put some white flour on a pie tin and brown in the oven.

mothers. Use more water if it is desired thin. Do not press through the pulp.

RICE GRUEL. No. 1.

Mix two to three tablespoonfuls of rice flour with a little cold water, add to it a pint of boiling water, two level tablespoonfuls of sugar of milk, salt to taste, boil 15 to 20 minutes. Put on a soup plate, pour hot or cold sterilized cream over it.

RICE GRUEL. No. 2.

Prepare as number one. After removing from the fire, add a piece of butter, and the yolk of an egg, mix thoroughly, then put on a soup plate. Serve with or without cream.

CHOCOLATE CORNSTARCH.

Bring a pint of water to a boil, mix with two tablespoonfuls of chocolate, let boil two minutes, then thicken with two tablespoonfuls of cornstarch. Flavor with salt and vanilla. Pour on a soup plate. Serve with sterilized cream, hot or cold.

BOILED CUSTARD.

Bring one pint of sweet cream or rich milk and one pint of water to a boil with a piece of vanilla. Then mix one tablespoonful of cornstarch with a little cold water and three yolks of eggs, two tablespoonfuls of sugar, and a little salt. Add all to the boiling milk, stir over the fire or in a double boiler until it thickens. Remove and beat until nearly cold. Put on ice. It may be served with zwieback and fruit juice or with fresh berries. For dyspeptics, it is better if prepared with water and butter instead of milk and served with sterilized cream.

CHAPTER VI.

CEREALS, NOODLES AND DUMPLINGS.

BUCKWHEAT GROATS.

Wash one cup of buckwheat groats several times with cold water, add about six cups of boiling water and two teaspoonfuls of salt. Boil rapidly for 20 minutes or until it thickens, then allow it to cook 50 to 60 minutes longer on the stove or in the oven. Serve with hot cream. Cooked or soaked dried prunes may be eaten with it, or added to the mush just before serving. Buckwheat is a winter food. People who suffer from eruptions on the skin after eating buckwheat should let it alone.

STEEL-CUT OATS.

Prepare the same as buckwheat groats. Rolled oats may be used instead.

ROLLED OATS WITH CRANBERRY SAUCE.

Boil two cups of rolled oats with a quart of water and a teaspoon of salt for 20 minutes. Cover and set in the oven, or cook on the stove for about 40 minutes. Remove from the fire, add a piece of butter and a few drops of lemon juice. Serve on soup plates, pour over it cranberry sauce, prune or apricot jam. Eat raw celery or nuts at the end of the meal. It is good for dinner or breakfast.

RYLAX WITH PRUNE JAM.

Prepare like the foregoing. Omit the lemon. Serve with prune jam, celery or nuts, or with hot cream.

ROLLED WHEAT.

Prepare and serve like rolled oats. Cranberries, prunes, apricots, or apple sauce, are all good additions. The yolk of

Cereals are the most perfect products of the vegetable kingdom, and make fairly well balanced foods. They are deficient in fat, with the exception of corn and oats.

an egg may be added to the wheat when mixing it with butter.

RAW ROLLED OATS.

Soak one-half cup of Quaker rolled oats with a scant cup of warm salted water. Let it stand for several hours or over night. When ready to serve put it into a dish of warm (not hot) water for 20 minutes. Then add some raisins, dates or dried prunes and serve with or without cream. The dried fruit should be soaked for a short time in a small amount of water. A teaspoonful of nut cream may be substituted for two ounces of cream.

RAW ROLLED WHEAT OR RYLAX.

Soak each separately as in the foregoing or take equal parts of each. Dried soaked currants are an excellent addition to wheat and rye where the very sweet fruits are not desirable. Cream is a more necessary addition to wheat and rye than to oats.

BRAN MUSH.

Bring one and one-half to two cups of water to a boil, add one-half teaspoonful salt. Drop in one shredded wheat biscuit and one-half cup of bran. Mix all well and boil one minute. Serve with hot cream.

BRAN AND RYE MUSH.

Put one-half cup of rylax into boiling salt water, and cook 20 minutes. When done, moisten one-half cup of bran with a little hot water, and mix with the rye mush. Serve with hot cream.

RAW WHOLE WHEAT.

Soak one-half cup of whole wheat in three-quarters or one cup of warm water over night. Keep the water warm, if possible. A small amount of salt may be added. Serve with cream and dates, or with bananas, carrots, or nuts.

Oats are rich in fat and lime, and like wheat and rye belong to the most perfect foods. A fireless cooker is a convenient apparatus for the preparation of oats and wheat. They should be thoroughly cooked for at least half an hour before setting them into the fireless cooker.

BOILED WHOLE WHEAT.

Soak some whole wheat over night. Boil for several hours with sufficient water and salt. Serve like the foregoing.

POLENTA (Italian Dish).

Stir some yellow corn meal into boiling, salted water in an iron pot. Boil for about 40 minutes and stir well to prevent burning. Eat with a fork, and serve with cheese for breakfast or dinner.

RICE FLOUR. No. 1.

Mix a cup of rice flour with cold water, then add three or four cups of boiling water while stirring. Boil 15 to 20 minutes. Before removing from the fire, add some dried currants, which have been soaked for a while. Put on a soup plate, and pour over it some hot cream.

RICE FLOUR. No. 2.

Use pure rice flour, or one-half cornstarch and one-half rice flour. Prepare as number one. Before serving, mix with a piece of butter and the yolk of one or several eggs, and flavor with vanilla, lemon or bitter almonds. Put on a soup plate, and pour over it hot cream.

CORN MEAL MUSH.

Stir one and one-half cups of corn meal into four cups of boiling salted water; cook 30 minutes; finish like foregoing. Use lemon for flavoring.

BARLEY.

Soak a cup of pearl barley over night in soft water, and the next day boil it in 5 or 6 cups of water for two hours or longer. Flavor with onion, if desired, and if it does not become thick enough, dissolve a little rice flour with cold water, and add it to the barley ten minutes before removing from the fire. Serve with cream or with lettuce for breakfast or dinner.

Rye is richer in minerals and contains less starch than wheat. It is not superior to wheat, but it is one of the oldest and most perfect foods, and is the staff of life to some of the healthiest and strongest races of the old world. It is laxative, and because of this it is more suitable for certain individuals than for others.

BREAD AND MILK.

Bring some fresh, whole or skimmed milk to a boil, pour on dried black bread or crusts, and add a little salt. Let it stand for 10 minutes and serve on soup plates.

CRACKER AND MILK.

Prepare like the foregoing, or pour one cupful of boiling salted water over one large unleavened cracker, let stand 5 minutes. Then add one cupful of hot milk and serve.

DIRECTIONS FOR BOILING RICE.

Wash one cup of rice, and pour into seven or eight cups of boiling, salted water. Boil rapidly until the grains burst; then cover and put into a hot oven or on a platter, and cook for 20 or 30 minutes. Remove from the fire and add a piece of butter and the yolk of an egg, or serve the rice with hot cream. Dried currants, raisins, apricots or prunes may be mixed with the rice. If eaten in place of mush, pour the rice on soup plates, and add hot cream.

MILK RICE.

Allow a pint of water and a pint of fresh milk to come to a boil with vanilla or cinnamon, and put into it three or four tablespoonfuls of Japan or Carolina rice, which has been soaked for several hours. Boil rapidly until the starch granules burst, then boil slowly for 40 minutes longer. If it is not thick enough, mix a little cornstarch in cold water, and add to the rice when nearly done. The yolk of one or more eggs may be added before serving, if desired. It may be eaten plain in the form of a thick gruel or with a fruit sauce. It will serve as a whole meal for children, morning, noon, or evening. A few nuts, or some celery, may be eaten at the end of the meal.

LIGHT RICE WITH EGG.

Wash two tablespoonfuls of rice, boil rapidly in one pint of

Baked and boiled cereals are more nutritious than bread. In the fermenting process which takes place in rising bread, valuable substances such as lime and salts are lost. It is rendered more acid, and therefore unfit for food for people with weak stomachs. If yeast bread is combined with foods which render the fluids of the stomach alkaline, it is less harmful.

water with a little salt until the grains burst. Then boil slowly in the oven or on the stove (uncovered) until the rice is dry. Remove from the fire and add one teaspoonful of butter, the yolk of one egg and a few drops of lemon juice. Serve plain with two soda crackers or one small round zwieback.

RICE CREAM.

Cook one cup of rice like plain, water rice with a stick of cinnamon, or vanilla. When done, add the yolks of several eggs and a piece of butter, or some hot cream and two tablespoonfuls of sugar, or one-half cup of soaked currants or raisins. Stir over the fire until it boils again. Serve hot or cold with fruit sauce.

ALMOND RICE.

Cook rice with water as directed for boiling rice. When done, remove from the fire, and mix with it some almond butter stirred smooth with a little water. Some dried currants or apricots previously soaked may be mixed with the rice. In combination with a dish of lettuce it will serve as a whole meal. A few whole almonds may be eaten at the end of this meal.

APPLE RICE.

Boil rapidly for 30 minutes one-half cupful of rice with 3 cupfuls of water and a little salt. Peel three medium sized apples, cut them into small pieces after removing the cores, and add to the rice with one tablespoonful of sugar. Cook on the stove or in the oven until the apples are tender. Remove from the fire, add a piece of butter, and serve with eggs or cheese.

CHERRY RICE.

Prepare like apple rice, and use ripe black cherries, or canned cherries. Omit the juice. A tablespoonful of sugar may be added to the fruit while boiling. It is necessary to have the rice boiled in sufficient water, and long enough to allow each grain to burst before the fruit is added, or the acid

Rice, although low in protein and fat, is one of the most easily digested of all cereals, and is especially suitable for brain workers and people of sedentary habits.

of the fruit will prevent the rice from softening. Butter alone, or butter and the yolk of an egg, should be added when acid or sub-acid fruits are mixed with cereals. Serve with sterilized cream or with eggs, or eat nuts at the end of the meal.

CURRENT RICE.

Prepare like cherry rice. Add fresh ripe or dried currants in place of cherries. Serve with sterilized cream or with fried or boiled eggs.

RHUBARB RICE.

Prepare like the foregoing. Use sterilized rhubarb which has been cooled. Serve with sterilized cream.

TOMATO RICE.

Prepare like apple rice. Use one-half to one cupful of strained, canned tomato juice. Omit sugar. An onion may be boiled with the rice, if desired. Serve with fried eggs and greens.

BROWN RICE.

Brown the rice in butter to a light yellow color. Add sufficient boiling water and salt, and boil one-half hour or longer. Dried mushrooms may be added, if desired. Serve with eggs.

CARROT RICE.

Put some rice to boil in water with salt. Cut young French carrots into small pieces and add; both will be done about the same time. Add finely chopped parsley and a piece of butter. Serve with peas puree.

MACARONI WITH CREAM.

Break up some macaroni and put in a saucepan, adding boiling water and a little salt. Boil for 30 minutes, and add more water if necessary. Dissolve some rice flour in a little cold water and thicken the macaroni, then cover and bake in an oven for 30 minutes or longer. Heat some rich cream in

People who have a tendency to high blood pressure and those who suffer from intestinal indigestion should eat sparingly of macaroni and other white flour preparations.

another saucepan and mix with the macaroni, and serve. Flavor with a little pepper, or finely chopped parsley.

NOODLES.

Beat two eggs with two large tablespoonfuls of water and a little salt. Mix with sufficient white flour to make a stiff paste. Put some flour on a wooden board, knead the dough and add more flour until hard and dry; then roll out as thin as possible, dry in the sun or on a table, and cut into fine strips. Boil in salted water for half an hour. Serve with tomatoes, grated Swiss cheese and lettuce.

DUMPLINGS.

LIGHT FLOUR DUMPLINGS.

Cream a tablespoonful of butter, and add to it a whole egg and the yolk of one egg, some salt, nutmeg, chopped parsley, and two tablespoonfuls of flour. Stir well for several minutes. Form small dumplings with a spoon, put into hot soup and boil eight minutes.

POTATO PUMPLINGS. No. 1.

Cream a tablespoonful of butter, add to it three yolks of eggs, a cup of cold grated potato, and one cup of dry bread crumbs. Flavor with lemon rind, salt and nutmeg, and mix the beaten whites of two eggs with it. Roll out into small dumplings, and boil eight minutes in soup or water.

POTATO DUMPLINGS. No. 2.

Mix two cups of cold grated potato with two-thirds of a cup of flour and one-half cup of creamed butter, adding the yolks of four eggs, the whites of two eggs, and salt and flavoring. Mix well and form dumplings. Boil in hot water for about 15 minutes.

BREAD DUMPLINGS. No. 1.

Put some stale white bread or rolls to soak in cold water and press out as dry as possible. Add a tablespoonful of

creamed butter, the yolks of two or three eggs, salt and nutmeg. Add the beaten whites of two eggs. Form dumplings with a spoon and boil in water, soup or fruit juice until they swim on top. Serve with stewed prunes or apricots.

BREAD DUMPLINGS. No. 2.

Remove the crust from one-third of a loaf of milk bread and soak the soft part in cold water for 5 minutes. Put into a clean cloth and force out the water. Cream three tablespoonfuls of butter, or melt some fat, mix the bread and stir it very smooth. Let it cool, and add the yolks of four eggs, salt, a little mace, some finely chopped parsley, and onion, if desired. Then beat the whites of two eggs, mix with the mass and form dumplings with a dessert spoon. Put them into the boiling soup and cook for about 5 minutes or until they swim on top.

BAKED CORN MEAL DUMPLINGS.

Boil in two cups of milk or water two cups of white corn meal with a tablespoonful of butter, stirring all the time, until the mass is very thick. Let cool. Flavor with lemon rind and nutmeg, and mix with three or four well beaten eggs. Shape into dumplings with a spoon, turn in rye nuts or bread crumbs, and bake in butter. Serve with sugar and cinnamon, or with apricot or apple sauce.

MIXED DUMPLINGS.

Mix over the fire one and one-half cupfuls of flour with two cupfuls of milk and a large tablespoonful of butter, until it does not stick to the saucepan. Let it cool, add the yolks of four eggs, salt, cinnamon, a tablespoonful of sugar, one-half cupful of finely cut fried bread crust, then the beaten whites of eggs. Form medium sized dumplings with a tablespoon, and boil in salted water for 5 or 6 minutes. Serve with stewed pears, cranberries or prunes. They are also good with sauerkraut.

FLOUR DUMPLINGS. No. 1.

Mix one cupful of flour with one-half cupful of melted butter, one cupful of hot water, and some salt. Stir well on a

hot stove until no more lumps appear. Cool a little, then mix with several yolks of eggs, and flavor with mace, chopped parsley or other spices. Dip a spoon in hot water and form dumplings of the desired size. Put into boiling salt water or on top of stewed fruit, and boil 6 to 10 minutes, or until they rise. The spoon must be dipped into hot water each time before forming a dumpling. Serve with peas or stewed fruit.

FLOUR DUMPLINGS. No. 2.

Mix one cup of white corn meal and one cup of flour with a little cold water, and stir it into boiling milk. Let it soak for five minutes or until it is thick. Then add a piece of butter, salt, and flavoring; let cool, mix with several yolks of eggs, and shape dumplings with a spoon, and put into boiling soup or blackberry juice. Boil about 10 minutes, or until they swim on top.

FLOUR DUMPLINGS. No. 3.

Mix some white flour, or three-fourths white and one-fourth rice flour, with baking powder and salt. Shorten with butter and fat like dough for pie. Roll out, enclose some apples and bake in the oven for 20 minutes or longer.

FLOUR DUMPLINGS. No. 4.

Mix some flour with baking powder and salt. Stir to a light paste with cold water, adding several eggs or yolks of eggs. Boil with stew or in water.

CHAPTER VII.

BREAD AND CAKES.

POMPERNICKLE OR BLACK BREAD.

Prepare a sponge with a pint of white flour, three-fourths of a yeast cake, a little salt and sugar, and a pint of warm water. When light, add two quarts of rye meal, a tablespoonful of salt and about one quart of water. Mix well, and let rise over night. The next morning add about one quart of warm rye meal, and one of white flour; knead the dough for at least one-half hour. Let rise again, knead a little more, and shape into loaves. When light, bake in a hot oven for about an hour. Pure rye meal may be used in place of one-fourth white flour.

WHOLE WHEAT BREAD.

Prepare the same as black bread. Use whole wheat flour in place of rye meal.

LIGHT WHOLE WHEAT BREAD.

Make a sponge from one cupful of lukewarm water and one cake of yeast, with enough white flour to make the thickness of sponge cake. Cover and set in a warm place, about 90 degrees F. When foamy, add about three pints of lukewarm water, or milk which has been scalded and cooled to lukewarm, about two teaspoonfuls of salt, a little sugar and a piece of butter or fat. Stir into it with a spoon sufficient white flour to make it of the same consistency as the first sponge. Beat it from 10 to 15 minutes, dust the top with flour, and put it into a warm place to rise. When light, add enough whole wheat flour to make a stiff dough. Put it on bread-board with flour to prevent sticking, knead for half an hour or longer, and let

Bread and cake may be kept sweet and free from mildew for a long time in the following way: Cut it with a sharp knife, when about four days old, into slices about one inch thick, then place it on a large, wire screen in the hot sunshine, cover with a cheese cloth, and let it lie for several hours, turning each slice until thoroughly dry. Then place the slices in an upright position in a square box made of wire screening, and keep in a dry or sunny place, covered with a light cloth. The box may be placed in the sunshine several times a week.

it rise again. When light, shape in loaves without kneading, put into pans and prick top with a fork several times. When sufficiently raised, bake in hot oven for about an hour. Cover top with pieces of oiled paper, the first 20 or 30 minutes. When done, put the bread on a sieve or in towels to cool.

LIGHT GRAHAM BREAD.

Prepare in the same manner as light whole wheat bread.

WHITE BREAD.

Prepare the same as whole wheat bread, using pure, rich milk, cream and water, or sweet whey. Add a large piece of butter or konut. Use white flour instead of whole wheat, mix it with one-fourth white corn meal, or rice flour.

COFFEE CAKE.

Prepare the same as white bread, using less flour, and add a few well beaten eggs, the grated rind of several lemons and oranges, or flavor with nutmeg, dried fruit, vanilla, mace or bitter almonds. Serve with fresh, sweet milk, or with scalded milk, as a whole meal for supper.

All breads and cakes made with yeast are more nutritious and wholesome when stale, on account of the evaporation of water and the changes which take place in the bread. They should be kept in tins with holes on all sides, to allow a perfect circulation of air. The tins should be placed in the sunlight, or on a high, dry place near a stove. In many foreign countries pompernickle is kept for many months during the winter by placing it on top of high stone ovens near the ceiling. It finally assumes a sweet taste similar to that of nuts.

RAW BREAD.

Grind your wheat, rye or corn in an old-fashioned stone burr mill, and partake of it at each meal instead of bread. This is less expensive than the so-called "unfired bread". Not more than one to three tablespoonfuls should be consumed at each meal.

Plain cake, coffee cake, fruit tarts and fruit pies are more wholesome than cakes that are prepared with large amounts of sugar or frosting. Whipped cream and fruits are good additions to cake, if agreeable. Light desserts in the form of cake or pudding are more wholesome if eaten at the beginning of a meal or else be served after soup or salad.

TOASTS.

WATER TOAST.

Use zwieback, or toast some stale white bread over the open fire. Lay on a plate and pour over it quickly boiling water, slightly salted, and drain off at once. Serve plain, or spread with sweet butter, or the yolk of an egg.

TOMATO TOAST.

Prepare like the foregoing, spreading with tomato puree in place of butter. Drink with it rich fresh milk. This is excellent for some people who have difficulty in digesting milk. Strained hot tomato juice may be used in place of water.

BARLEY TOAST.

Prepare like tomato toast. Use thick, barley jelly prepared from pearl barley, or soften the toast with barley water.

RICE TOAST.

Use thick rice jelly prepared from Carolina rice. Flavor with cinnamon, if desired.

RYE OR BRAN TOAST.

Make a strong tea from toasted black bread and bran, and prepare like the foregoing.

PRUNE TOAST.

Soften some black or white toast with boiling water, and add a little salt. Spread with thick prune juice. Sterilized cream may be added.

APRICOT TOAST.

Prepare the same as prune toast. Add cream or a piece of butter and the yolk of an egg.

CREAM TOAST OF WHEAT BREAD OR
SHREDDED WHEAT.

Dissolve one tablespoonful of milk sugar in one-half or

Predigested foods are beneficial for the sick, and under certain conditions for the well, provided they are not over-indulged in. If desired, they are generally best eaten at the evening meal, after the

three-fourths cup of boiling water and pour over one slice of whole wheat bread or biscuit. Let stand a minute, then add four ounces of hot cream, and serve.

CRANBERRY OR TOMATO TOAST.

Heat two small round or one long zwieback and soften with two tablespoonfuls of tomato or cranberry sauce. Serve on a plate and drink milk with it.

APPLE TOAST.

Use thick apple sauce. Prepare the same as apricot toast. The four last recipes are excellent for constipation.

MILK TOAST.

Scald some fresh milk. Add a stick of cinnamon, if desired. Pour over white or black toast.

CREAM TOAST. No. 1.

Prepare like water toast. Bring some fresh cream to a boil with a stick of cinnamon. Add when the toast is soft. Use black or white toast.

CREAM TOAST. No. 2.

Prepare a white sauce from butter, salt, flour and hot water, as directed in "Sauces." Add one-fourth of a cup of hot cream and pour over black toast, which has been softened with one-half cup of hot water.

CREAM TOAST. No. 3.

Use sweet whey in place of hot water, and prepare as No. 2. The cream may be omitted.

CELERY TOAST.

Cut some celery and cook until tender. Soften the toast with the celery water. Prepare a plain butter sauce and add cream, if desired. Mix with the celery and pour over the toast.

SPINACH TOAST.

Cut off the stems and select only fresh, tender leaves. Cook

body has expended considerable energy, and is too tired to properly digest natural foods. If over-indulged in they keep the stomach from doing its proper work, and tend to make it weak and lacy.

and chop as fine as possible, flavoring with butter and lemon juice. Soften some black or white toast with broth or spinach water, and add the spinach. Serve with hard boiled eggs for dinner. If it is desired for supper, and if the patient's stomach is delicate, use only the hard yolks. Fried beach-nut bacon may be added. If the flavor of onion is desired, remove the onion before serving. This is good for constipation.

EGG TOAST. No. 1.

Beat one egg with three tablespoonfuls of water and a little salt. Let the toast soften in it and fry to a golden brown in one-half butter and half vegetable fat or oil.

EGG TOAST. No. 2.

Use cream or unsweetened condensed milk. Beat up with eggs, salt and cinnamon, and prepare like the foregoing. This is good for diabetic patients.

BISCUITS.

Mix one quart of white flour with one-fourth of entire wheat flour, corn meal, or rice flour. Mix it thoroughly with two level teaspoonfuls of salt, and four of baking powder. Rub into it two tablespoonfuls of vegetable fat or butter. Mix with rich milk and prepare as usual. Serve with eggs, or with rich cheese and olives and salad of greens.

POP-OVERS.

Grease the iron gem pans, and place on the stove or in the oven, to have them very hot. Then beat two eggs very light, mix a cup of rich milk with a cup of flour, and a half teaspoonful of salt; add the eggs and beat with an egg beater until all is very light. Pour the mixture into the pans, filling two-thirds full, and bake in a quick oven. This will make about eight pop-overs.

BRAN MUFFINS.

Mix one cupful of white flour with one-half cup of graham flour and one and one-half cups of finely sifted bran. Rub into

Three tablespoonfuls of butter; then add one and one-half cups of sour milk, a teaspoonful of soda, a little salt and three tablespoonfuls of molasses. Put into hot muffin tins, and bake in a hot oven.

BRAN BREAD.

Beat the whites of three eggs to a stiff snow, add a little salt, and mix with two tablespoonfuls of fine, sifted bran, and two of fine rye nuts. Put the mixture on a pie tin and bake in a very moderate oven. Leave the door open. Serve with apple salad and lettuce.

BOSTON BROWN BREAD.

Mix together one cup of coarse corn meal, one of rye flour, one of graham flour, and a teaspoonful of salt. Dissolve two teaspoonfuls of soda in two cupfuls of sour milk and mix with the flour, adding three-fourths cup of molasses. Pour into narrow, oiled tins, and steam for four hours. Serve with lettuce, celery and apple, or tomato salad, and nut butter.

WHITE MUFFINS.

Use mixed flour, or rice and wheat as suggested for white bread. Mix with baking powder and salt. Use two eggs and about one and one-half cups of rich milk to about three cups of flour. Serve with tomato or peas puree and lettuce for breakfast or supper.

PASTRY FOR TARTS OR PIES.

Mix one and a half cups of white flour with one-half cup of rice flour. Add one-half teaspoonful of salt, shorten the flour with three tablespoonfuls of butter and three of oil. Then add to it the yolks of two eggs beaten with sufficient ice cold water and a little flavoring to make a paste which is not very stiff. Roll it several times, then cover and put it in the ice box for an hour.

SAND TART.

Mix one-half pound of white flour and one-half pound of

Avoid fresh breads, inferior cakes and pastry. Do not eat unless you are hungry. Do not over-indulge in athletic or any other kind of exercise. Remember that natural feeding, pure air and sufficient sleep call for natural breathing and natural exercise. Unnatural feeding and late hours create disease or nervousness.

rice powder, or wheat starch. Keep in a warm place. Melt one pound of butter, cool and cream with one pound of sugar, adding ten yolks of eggs, alternating with the flour. Stir the mass for one-half hour, add the rind of two lemons, the juice of one-half lemon, and 2 tablespoonfuls of flavoring extract. Beat the whites of 10 eggs, mix lightly with the dough, and add a teaspoonful of baking powder. Bake in a moderate oven for one and one-half to two hours. During the first half hour have more heat at the bottom than at the top. During the last half hour have little or no heat at the bottom. The cake tin should not be moved.

The tart may be baked in layers or on round tins and be mixed with different colors, if desired.

PLAIN CAKE.

Cream one-half cup of butter with one-half cup of sugar, add two eggs, two cups of flour, two teaspoonfuls of baking powder, a little salt, one cup of water, one-half cup of raisins or currants, and any kind of flavoring. Bake in cake tins. Cake prepared with water is more wholesome than with milk.

FROSTING.

Cream equal quantities of butter and chocolate. Spread on the layers when cold. Frosting prepared from pure sugar is unwholesome.

NUT-BUTTER PIE CRUST.

Take one to two tablespoonfuls of nut-butter to one of flour, add sufficient water to make a dough.

STRAWBERRY SHORT CAKE. No. 1.

Spread Granose cakes with diluted almond-butter and a layer of strawberries over it. Serve with nuts or with milk soup prepared with sago.

STRAWBERRY SHORT CAKE. No. 2.

Prepare a light biscuit dough, bake in tins and cover with

Artificial sugar is not a necessary article of food for the healthy individual who is able to supply his body with fresh and dried fruits the year round. The delicious summer fruits are better eaten without sugar. Undoubtedly nature did not mean for us to indulge in sweets during hot days, or she would have provided us more plentifully with them.

strawberries and whipped cream. Use no more sugar than is necessary.

FRUIT CAKE.

Chop up one cup of currants, citron, and raisins, and mix with one cup of flour. Sift one cup of flour with a teaspoonful of soda, one of cinnamon, and a little salt. Cream one-half cup of butter with one cup of brown sugar, one-half cup of molasses and two well beaten eggs; add the flour, fruit and one-half to three-fourths cup of strong black coffee. Stir well and bake in a moderate oven for one hour.

MIXED FLOUR.

Mix two cups of white flour with one cup of rice flour and one of cornstarch. Sift and keep in a tin box for sauces and soups.

RYE NUTS. No. 1.

Remove the outer crust from a loaf of stale pompernickel and grate the soft part on a grater. Pour the crumbs on a large piece of paper, and dry in the sun or in an oven. Keep in a dry place, in a tin with good ventilation.

RYE NUTS. No. 2.

Cut a loaf of stale pompernickel into thin slices and remove the crusts. Cut the inside into small strips, lengthwise and crosswise. Allow it to dry thoroughly in a moderate oven or in the sun, and while still warm, grind it through a coarse meat grinder. Place it again in an oven or in the sun to dry, or brown slightly. If desired as fine as grape nuts, grind it again or sift it, and keep in a dry place. It may be mixed with one-half grape nuts. Use as directed in menus and recipes. The outside crusts may be dried in the oven or sun, and kept in tins. The crusts are an excellent addition to milk soups or other soft foods.

Rye combines well with all starchy fruits and vegetables, which are deficient in minerals, such as potatoes, pumpkins, squash, melons, turnips, carrots, beets, bananas, cucumbers, rice and corn. It also combines well with sweet fruits. Apples, pork, veal, lamb, cheese, eggs, cream, milk, bacon and oily foods are all good additions to rye. Boiled rye and starchy foods are unsuitable combinations.

APPLE FRITTERS.

Core, pare and cut some tart apples into slices one fourth inch thick. Dip each slice of apple into a batter prepared as follows: Beat the yolks of three eggs with an egg beater, add three tablespoonfuls of white or mixed flour and a little salt. Beat until smooth. Have some olive oil or half butter and vegetable oil hot and fry to a light brown on both sides. The whipped whites of the eggs may be used with the batter or made into a separate dish to be used at another meal. Count one whole or two yolks of an egg to one person. If a nutritious soup is served at the beginning of the meal, fewer eggs can be used.

FRIED BREAD.

Cut into strips as directed in the foregoing recipe. Fry in hot oil, or butter and oil. Serve with legume or fruit soups.

CRUSTS.

Cut some stale whole wheat or black bread into slices. Remove the outer crusts with a sharp knife and dry them in an oven. Keep in a tin box in a dry place.

IMPERIAL STICKS.

Cut stale buttered bread into long narrow sticks, and brown in the oven.

CORN BREAD. No. 1.

Three-fourths of a cup of white or yellow corn meal, one and one-fourth cups of white flour, one teaspoonful of salt, two tablespoonfuls of butter or one-half oil and one-half butter, two teaspoonfuls of baking powder, two well beaten eggs, one and one-half cups of rich milk, and sugar, if desired. Bake in a quick oven for 30 minutes.

CORN BREAD. No. 2.

Bring one quart of water to a boil, and add a teaspoonful of salt. Stir about one cup of coarse yellow corn meal into it and let boil 30 or 40 minutes. Then take it off the fire, beat thoroughly with a spoon, and cool until lukewarm. Add a large tablespoonful of oil or butter, a little lemon juice and four yolks of eggs. Stir well, and add the beattened whites of the

eggs. Put the mixture into a flat, oiled pan and bake or heat on a griddle. Small cakes may be formed from the batter and baked in an oven or fried until browned nicely. The whites of eggs may be left out, if desired. Serve with salads of lettuce, water-cress, tomatoes or apples, or with fruit sauces. Acid and super-acid fruits combine best with this bread.

CORN BREAD. No. 3.

Prepare the same as number two, using white corn meal. Flavor with cinnamon, vanilla or bitter almond, and mix with dried, soaked fruits as currants, finely cut apricots, or prunes, or serve with a fruit sauce prepared from blackberries, huckleberries or the above mentioned fruits.

DOUGHNUTS.

Use four eggs, a small cup of sugar, two cups of rich fresh milk, a teaspoonful of salt, and about one quart of flour finely sifted with two teaspoonfuls of baking powder. Add grated lemon rind or cinnamon, for flavoring. Beat the dough until very light. Drop by the tablespoonful into hot fat. Stewed cold prunes or apricots may be placed in the middle of each doughnut. They may be served with fruit soups, fruit sauces, or green salads for dinner in the summer, or for supper in the winter.

CEREAL OMELET.

To two cupfuls of left-over boiled wheat add two well beaten eggs, half a teaspoonful of salt, finely chopped parsley an onion. Heat butter and oil in a frying pan, and pour in the mixture. Cook by moderate heat until firm.

HOMINY CAKES.

Prepare the same as Cereal Omelet or mix with eggs only, and serve with fruit sauce.

BREAD OMELET.

Remove the crust of one-half loaf of stale milk bread. Soak the bread in cold milk or water for 5 minutes. Lay it in a cloth and press out as dry as possible. Cream one-half cup of butter with one-half cup of sugar; add one-half cup of dried

currants. one-half cup of almond meal, the rind of one or two lemons or oranges, four yolks of eggs, some cinnamon or mace and a little salt. Mix well, and add the beaten whites of four eggs. Heat a large flat pan, oil it well, sprinkle with rye nuts and pour in the batter. Bake on a medium hot stove, turning the omelet, or bake in the oven. Serve with fruit sauce and green salad.

CORN FRITTERS. No. 1.

Grate the corn from the cob, mix with several well beaten eggs, add salt and fry in hot fat. Serve the same as the foregoing or with apple sauce.

CORN FRITTERS. No. 2.

Prepare a batter from flour, eggs, salt, baking powder, and water or milk. Mix with the grated corn and fry.

SNOW BALLS.

Place four eggs in warm water. Mix two cups of flour with a cup of warm water, salt, and one-half cup of melted butter. Stir it over the fire until the flour does not stick to the saucepan. Let cool and mix with the eggs. Beat the dough for about 10 minutes. Shape balls with two tablespoons, and bake in the oven or fry in hot, deep fat. Sprinkle with sugar and serve for afternoon tea or for supper.

EGG TOAST.

Soak slices of stale bread in milk, and beat up some eggs with a little salt and cinnamon. Turn the soaked bread into the egg, and fry in hot butter. The milk and eggs may be beaten up together and the bread soaked in it before frying. Serve with apple, cranberry or apricot sauce, or with syrup and lettuce. This is suitable morning, noon or night.

RICE FRITTERS.

Mix some left-over rice with several well beaten eggs, and the grated rind of a lemon. Bake on a hot griddle. Serve with fruit sauce and lettuce, morning, noon or night.

UNLEAVENED GERMAN PANCAKES. No. 1.

Use six eggs, six tablespoonfuls of flour, one and one-half cup of warm milk, one-half cup of cream, and a little salt. Mix well the yolks, salt, cream, milk and flour, then add the whites of the eggs beaten stiff. The dough must be of the consistency of thick cream. Bake in thin layers in half butter and half oil, in a small pan. Serve with lettuce and fruit sauce or with French dressing at the noon meal.

GERMAN POTATO PANCAKES. No. 2.

Grate five large raw potatoes and one onion. Mix two tablespoonfuls of white flour with a little warm water and a cup of rich cream, add salt and mix with the potatoes. Then add three whole eggs beaten well, and fry in hot fat like griddle cakes, until brown. Serve with apple sauce, or lettuce and French dressing.

GERMAN PANCAKES. No. 3.

Mix one pint of white flour and one-fifth pint of rice flour with one pint of rich warm milk, or with one-half milk and one-half warm water, and a teaspoonful of salt. Beat four whole eggs, add to the mixture and beat with an egg beater for a few minutes, until perfectly smooth. Bake on a small, shallow, iron griddle, using about four tablespoonfuls of the mixture for each cake. The fat used for frying must be boiling hot. Pile on a plate standing over hot steam until all are done. Cut in sections and sprinkle with sugar, if desired. Serve with green salads or apples, or with apple, apricot or cranberry sauce.

APPLE PANCAKES.

Peel some apples and cut in thin slices. Mix with the dough as directed for German pancakes and fry on both sides. If fewer eggs are used, take a little more flour.

PLUM PANCAKES.

Prepare the batter a little thicker than the foregoing. Peel and slice some blue plums very thin, mix with the batter and bake as above.

CHERRY PANCAKES.

Remove the stones from ripe black cherries. Prepare the dough as directed for German pancakes, mix the cherries with it and fry in hot fat.

BUCKWHEAT CAKES.

Mix prepared or unleavened buckwheat flour with sweet cream or one-half cream and one-half water, and bake on a hot griddle. Serve with fruit sauce or French dressing at the morning or noon meal.

ROMAN MEAL CAKES.

Soak two tablespoonfuls of dried currants in a little hot or cold water. Mix one-half cup of flour with one teaspoonful of baking powder, a little salt, and one cup of Roman meal. Beat two eggs very light, with about one-half cup of water, mix with the flour and currants and bake in hot fat. Serve fruit sauce with them.

STEAMED BREAD PUDDING.

Soak some stale bread in cold water, press out dry, and stir smooth. Melt one-third of a cup of fat and one-half of a cup of butter, and mix the bread with it on a hot stove, stirring until it loosens from the saucepan. Cool a little, and flavor with mace, nutmeg, lemon rind or cinnamon and salt. Add several well beaten eggs and some finely cut dried fruit. Mix well and steam from one to one and one-half hours. Serve with lettuce and fruit sauce. In place of fruit and the above flavoring, chopped parsley, onions and pepper may be used. Serve with tomato or apple sauce.

BLACK BREAD PUDDING.

Cream one cup of butter with three-fourths of a cup of sugar, and add the yolks of five eggs, three-fourths of a cup of

Artificially prepared desserts in the form of attractive, soft puddings and other rich mixtures flatter the palate and renew the appetite. The true enjoyment of eating is in the satisfaction of hunger. The craving for desserts indicates a desire to stimulate certain nerves, which force the contents of the stomach into the intestine and destroy the digestive processes.

dried currants or raisins, the rind of a lemon, a little cinnamon and cloves, salt, three cups of grated black bread and $\frac{1}{2}$ glass of milk. Mix well and add the beaten whites of the five eggs. Oil pudding pan and pour the mixture into it. Steam two and one-half hours, and serve with vanilla, or custard sauce. Diluted almond butter or one-half cup of almond meal may be mixed with the batter, if desired.

MATZOON PUDDING.

Soak matzoon in cold water or milk for several minutes. Then press out dry, stir until fine and mix with several well beaten eggs, cream, or butter, and raisins, chopped apples, currants, lemon rind or any other flavoring. Heat a cupful of oil or suet in a high iron pot, put the pudding mixture into it and bake in a moderately hot oven for about one hour. Serve warm, with fruit sauce or wine sauce.

MATZOON CAKES.

Prepare the same as the foregoing. Shape into small balls with two tablespoons and fry in hot fat.

PLAIN BREAD PUDDING.

Soak some stale bread in cold water, press it out thoroughly and stir smooth over the fire, with some butter or fat. When cool, add salt and several well beaten eggs or some flour, and syrup, mix well and add any desired flavoring or sugar. Tie in a cloth and boil for two hours in salt water, or with white beans. Serve with stewed fruit.

RICE PUDDING.

Cook some rice as directed for water or milk rice. When cool, cream some butter with an equal amount of sugar, and add several well beaten eggs, lemon rind, cinnamon, a little bread crumbs, some raisins or currants and some sweet or sour cream, or melted butter. Bake for about an hour.

SAGO PUDDING.

Soak the sago and cook with one-half water and one-half milk. Finish like rice pudding.

The foregoing recipes for cakes and puddings can serve as substitute for meat as well as for dessert. They are more nourishing than sponge-cakes and soft puddings which consist largely of starch and sugar.

FLOUR BREAD PUDDING.

Mix over the fire two cups of flour with two cups of milk or water, and three-fourths of a cup of melted butter, until the batter loosens from the bottom of the saucepan. Let it cool a little and add the yolks of four eggs, two tablespoonfuls of sugar, two cups of bread crumbs, salt and mace. Then beat the whites of four eggs, mix and add flavoring extract. Pour the mixture into an oiled pudding pan and steam two and one-half hours. Serve with stewed plums, pears, or cherries.

CORN MEAL PUDDING.

Bring two cups of milk to a boil, and mix four cups of yellow or white corn meal with a pint of cold water. Stir into the boiling milk and add two tablespoonfuls of butter. When it is thick, remove from the fire and cool. Cream half a cup of butter with three-fourths cup of sugar, add the yolks of four or five eggs, salt, lemon rind, several grated bitter almonds, and the beaten whites of the eggs. Put into a pudding pan and steam from two to two and one-half hours. In place of bitter almonds use lemon juice, if desired. Serve with white or red wine sauce, or with stewed apricots or cranberries.

BLACK BREAD PUDDING.

Cream one cup of butter with three-fourths of a cup of sugar and add the yolks of five eggs, three-fourths of a cup of dried currants or raisins, the rind of a lemon, a little cinnamon and cloves, salt, three cups of grated black bread and one-half glass of orange juice. Mix well and add the beaten whites of the five eggs. Oil a pudding form or double boiler and pour the mixture into it. Steam two and one-half hours and serve with vanilla sauce. A cupful of rich cream, diluted almond butter or one-half cup of almond meal may be mixed with the batter, if desired.

STEAMED BREAD PUDDING.

Soak stale bread in cold water, press out dry and stir until smooth. Melt one-third of a cup of butter or fat and mix with

Masticate your food thoroughly. Select, combine and prepare it rightly. Do not overeat.

the bread over a hot stove until it loosens from the saucepan. Cool a little, then flavor with mace, nutmeg, lemon or cinnamon and salt. Add several well beaten eggs and some finely cut dried fruit. Mix well and steam from one to one and one-half hours. Serve with lettuce and fruit sauce. In place of fruit and the above flavoring chopped parsley, onions and pepper or capers may be used. Serve with tomato or apple sauce.

POTATO PUDDING.

Cream one-half cup of butter with one-half cup of sugar, add the yolks of six eggs, two cups of grated potatoes, salt, cinnamon and the rind of one lemon; then add one cup of black or white bread crumbs and the beaten whites of six eggs. A half cup of almond meal mixed with a few bitter almonds may be added to the mixture, if desired. Bake this pudding for about sixty or seventy minutes, or boil two hours. Serve with stewed prunes or apple sauce.

RICE FLOUR PUDDING.

Prepare the same as corn meal pudding.

APPLE-BREAD PUDDING.

Grease a pudding dish and fill with alternate layers of mixed bread crumbs, using whole wheat or rye nuts. Mix the apple sauce with a large piece of butter, while still warm. When the dish is filled, beat up two eggs with a tablespoonful of sugar, one-half cup of cream, a little salt and some cinnamon; pour it over the top and bake in moderate hot oven for 40 to 50 minutes. It affords a perfect meal for the evening. If served at noon, eat some nuts at the end of the meal.

BAKED BREAD PUDDING.

Pour two pints of hot milk over two cups of bread crumbs, cool a little, then cream one-half cup of butter with one-half cup of sugar, mix with the bread crumbs, adding three well beaten eggs, a teaspoonful of salt, a little nutmeg or cinnamon, the juice of one-half a lemon and the rind of two lemons. Mix well together, and bake in a buttered dish for fifty or sixty minutes. Serve with lemon, cherry or any kind of fruit sauce.

Dried fruits may be mixed with the batter. Serve for supper using soup at the beginning of the meal. Celery is an excellent addition to almost any food at the evening meal.

VEGETABLE PUDDING. No. 1.

Prepare as baked bread pudding. Use legume soup in place of milk, leaving out the sugar. Use butter or cream and mix with two tablespoonfuls of peanut butter or other nut butter or walnut meats. The eggs can be omitted. Flavor with finely chopped onions, celery and parsley. Pour on oiled pie tins and bake thirty to forty minutes. Serve with tomato sauce or string beans for dinner.

VEGETABLE PUDDING. No. 2.

Boil some rice with salt and water. Add a cupful of thick legume puree and finish like the foregoing.

CHAPTER VIII.

SAUCES, SALAD DRESSINGS AND SALADS.

Sauces are a necessary addition to cooked foods, especially in cold weather. The proper utensils used for sauce making are wooden spoons and flat, round-bottomed saucepans.

Good fresh butter, oil and dry flour are necessary to make nutritious sauces. Flour for thickening should boil at least ten minutes. If the flour is to be cooked with fat before the liquid is added, only a few minutes of boiling is necessary, for the reason that fat, when boiled, reaches a higher temperature than water or milk. Mixed flour is preferable to pure wheat flour.

BUTTER SAUCE. No. 1.

Melt three tablespoonfuls of butter, or half butter and half oil, mix with two tablespoonfuls of flour over the fire, and boil for a few seconds. Then add gradually a pint of boiling water or hot whey, while stirring it. Boil a few minutes. Flavor with salt, onion, chopped parsley, celery, nutmeg, bay leaves, lemon, or whatever flavor is desired.

BUTTER SAUCE. No. 2.

Prepare like the foregoing. Use milk in place of water.

TOMATO SAUCE.

Prepare as number one, using strained tomato juice instead of water.

DRIED CURRANT SAUCE.

Soak the currants in boiling water, and let stand thirty minutes. Prepare a plain butter sauce from butter, flour, and hot water, and when done mix the currants with it.

MINT SAUCE.

Wash half a handful of young fresh mint, pick the leaves from the stalks, and chop them very fine. Make a plain butter

sauce, add vinegar and sugar to suit the taste. Then remove from the fire, mix with the chopped mint.

LEMON SAUCE.

Wash a lemon, remove the peel and steep in three cups of water for fifteen minutes. Add the juice of one or two lemons and the necessary amount of sugar. Dissolve three teaspoonfuls of cornstarch with a little cold water and stir into the lemon juice. Boil ten minutes. Remove from the fire and mix with a tablespoonful of butter while warm. The lemon rind can be grated and added to the sauce instead of boiling the rind. This is good for steamed puddings. The yolk of an egg may be added.

CHERRY SAUCE.

Remove the stones and steep the cherries in water with a stick of cinnamon. Add a little sugar and thicken with cornstarch or arrowroot. Strain or leave the cherries in it.

CAPER SAUCE.

Prepare as number one, add capers and lemon before serving.

HORSE RADISH SAUCE.

Prepare as number one, adding dried currants and grated horse radish at the last minute.

MUSTARD SAUCE.

Prepare as number one, adding two to four teaspoonfuls of prepared mustard a minute before serving. Serve with hard boiled eggs.

MUSHROOM SAUCE.

Prepare as number one, add the desired amount of dried mushrooms, which have been soaked in water for several hours, and boil for ten minutes. Serve with rice.

The best way to use spices is to buy them whole, in the fresh or dried state, and chop, grate, or grind them when needed. Vanilla beans, bitter almonds, bay leaves, cinnamon bark and many others may be used whole and removed before serving.

CREAM SAUCE. No. 1.

Prepare as number one; remove from the fire, add a few tablespoonfuls of hot cream, or the yolk of one or several eggs, which have been diluted and stirred with a little cold water. Flavor with mace, pepper, nutmeg, parsley, lemon, or vanilla. Serve with macaroni, plum pudding, French toast, or boiled onions.

CREAM SAUCE. No. 2.

Thicken some water with flour. Cook ten minutes, and add hot cream and flavoring.

ALMOND SAUCE.

Prepare with hot water as directed for butter sauce. Stir smooth a tablespoonful of almond butter or paste with two tablespoonfuls of cold water, remove the sauce from the fire, add the almond butter and stir thoroughly. Serve with baked apples, rice, or bread.

OLIVE SAUCE.

Prepare as butter sauce. Soak some olives in warm water, remove the stones and add to the sauce, boiling all a few minutes.

DRIED CHERRY SAUCE.

Soak the cherries and prepare as the foregoing. Strain, if desired.

**SALAD DRESSINGS FOR CEREALS, VEGETABLES
AND FRUITS.**

They can be prepared from oil, butter, eggs, cream or nut butter. Dressings prepared from nut butter are especially good during the summer months. They can be prepared by making a plain butter sauce with flour and water, and adding nut butter before serving, or by diluting nut butter with water to the

Great care should be exercised in the preparation of foods with nut-butter. Never spread it on bread without first diluting it with an equal amount of water. Do not keep it on the shelf like ordinary butter after it has been mixed with water; prepare only sufficient to last for twenty-four hours, and keep it on ice.

desired consistency. They may be flavored with orange or lemon juice. If a sweet flavor is desired, boil a little water with sugar, then add the juice of lemon or oranges and mix with nut butter. Serve hot or cold.

FRENCH DRESSING.

Mix three tablespoonfuls of olive oil with one of vinegar, or with the juice of one lemon and one grated onion. To this may be added sugar, pepper, salt, parsley or mustard, if desired. The proportion of oil and vinegar may be changed according to the taste. For fruit salads, lemon should always be used instead of vinegar. For raw vegetables, the dressing should not be poured over the salad until ready to serve.

MAYONNAISE DRESSING. No. 1.

Put into a high narrow bowl the yolk of an egg and one whole egg, a tablespoonful of flour, one of olive oil, one of vinegar, and a little mustard; beat with an egg beater about five minutes, or until it becomes thick, adding slowly one cup of cottonseed or olive oil while beating it. Flavor with lemon juice, onion and salt, to suit the taste. Keep on ice.

MAYONNAISE DRESSING. No. 2.

Stir one or several yolks of eggs and mustard with a fork on a soup plate for several minutes. Slowly add some olive oil, and if it becomes too thick, add lemon juice, then salt, sugar and onion, if desired. Keep on ice.

MAYONNAISE DRESSING. No. 3.

Make dressing number two. Add salt and sugar to suit the taste, and one cup of thick cream. Keep on ice.

MAYONNAISE DRESSING. No. 4.

Take the yolks of three hard boiled eggs and one raw yolk. Stir as smooth as butter, with one teaspoonful of mustard, one of sugar, one of grated onion, a little salt and pepper, the juice of a lemon or some good vinegar, then add slowly one-half or one cupful of olive oil. Keep on ice.

MAYONNAISE DRESSING. No. 5.

Grate one medium sized cold boiled potato, stir one or two hard boiled eggs through a strainer and mix with the potato. Add the yolk or one or more eggs, stir well, then slowly add some olive oil, mix with lemon juice or vinegar, and flavor.

MAYONNAISE DRESSING No. 6.

Cream one-fourth of a pound of butter, add the yolk of one raw egg, and the finely grated yolks of two hard boiled eggs. Mix well, and add finely chopped parsley, onion, a little mace and some lemon juice. Spread on bread.

HONEY OR SYRUP DRESSING.

Add the juice of one lemon, orange, or grapefruit, to one-half cup of honey or table syrup. Mix well and serve with pancakes. This is more nourishing and wholesome than pure sweets. Do not prepare more than enough for one meal at a time.

SYRUP DRESSING. No. 2.

Let a half cup of syrup and a small tablespoonful of vinegar come to a boil. Add one finely chopped onion. Remove from the fire and cool, adding the desired amount of oil, and mixing well. This is good for lettuce and watercress. Serve with pancakes, or baked rolled oats. If lemons or oranges are used in place of vinegar, do not allow the latter to boil. Prepare fresh for each meal. Do not use vinegar or onions with fancy fruits.

SALADS.

APPLE SALAD. No. 1.

Peel some tart apples, slice and mix with French or mayonnaise dressing. Garnish with lettuce. Grapenuts or rye-nuts may be sprinkled over this. Serve with egg food or nuts or any kind of cheese for lunch or dinner. For breakfast or supper serve with black toast or hygienic crackers. If protein foods are added, use the lightest form.

Do not combine legumes with bananas, berries or other fancy summer fruits.

APPLE SALAD. No. 2.

Peel, slice and chop in chopping bowl as fine as rice. Then prepare and combine as explained in number one. Onion is a good addition. Chop or grate the onion very fine, mix with a little oil and lemon juice separately. Add this to the apple and the mayonnaise last of all.

APPLE SALAD. No. 3.

Arrange some lettuce or celery in a salad bowl, add dried raisins, currants or shredded cocoanut. Serve with nuts. Nut cream may be added to the apples in place of the cocoanut. If bread is desired "unleavened" is the best. Grapenuts or rye-nuts sprinkled over the salad makes it look dainty and appetizing.

CELERY SALAD.

Cut the tender white stalks into small pieces. Add chopped apples and nuts or salad dressing.

CUCUMBER SALAD.

Peel and slice the cucumbers thin and pour French or mayonnaise dressing over them. They may be combined with lettuce, tomatoes, chopped parsley or onions.

TOMATO SALAD.

Prepare and mix like cucumber salad. Serve with French or mayonnaise dressing.

BOILED VEGETABLE SALAD.

Use left-over asparagus, string beans, cow beans, lima beans, peas or cauliflower. Pour over them French dressing half an hour before serving, adding lettuce and mayonnaise dressing when ready to serve.

CABBAGE SALAD.

Use the innermost part of a head of cabbage. Cut and chop very fine, add lemon and olive oil, and mix with mayonnaise

Cucumbers are a valuable food and should be eaten almost daily by growing children and anemic people, especially if much muscular work is required. If eaten in combination with half a dozen other articles, it produces indigestion. Cucumbers should never be eaten at night.

dressing. A cold grated potato may be added for those who have difficulty in digesting cabbage.

TOMATO AND WATERCRESS SALAD.

Carefully wash some watercress, dry, and mix with equal parts of sliced tomatoes. Use French or mayonnaise dressing.

DANDELION SALAD.

Carefully wash and mix with finely cut green onions and French dressing.

YELLOW DOCK SALAD OR SOUR GRASS.

Wash and serve plain or mix with lemon and olive oil.

LETTUCE SALAD.

Lettuce should be kept in a cool, dry place and not left in water longer than 15 minutes. It may be served alone as a salad mixed with French dressing or served in combination with fruits, starchy foods or other vegetables, and eaten in addition to cheese, eggs, nuts or legumes.

SPINACH SALAD.

Take some fresh leaves of raw spinach or use cold boiled spinach, and mix with French dressing.

CHEESE SALAD.

Chop up some tart apples, arrange lettuce in a salad bowl, pour in the apples, and sprinkle over it grated Swiss cheese.

NUT SALAD.

Chop or grind in a nut grinder some almonds or walnuts. Arrange lettuce and chopped apples in a salad bowl, sprinkle

Lettuce is the most desirable greens on our tables and combines well with almost any kind of food. Being rich in minerals and alkaloidal extracts, it tends to render the digestive fluids alkaline and promotes oxidation and nutrition. People with delicate stomachs should not eat lettuce at the evening meal.

the nuts over it, and serve with celery and raisins. The French dressing may be omitted.

EGG SALAD.

Arrange lettuce in a salad bowl. Cut up hard boiled eggs, pour over them French or mayonnaise dressing. Capers or olives may be added.

CEREAL SALAD. No. 1.

Mix a cupful of raw rolled wheat, oats or rye with a cup of finely grated or chopped carrots. Add a few drops of lemon or orange juice, and a little olive oil. Lettuce, celery or parsley may be mixed or eaten with it.

CEREAL SALAD. No. 2.

Wash and chop lettuce or celery, and apples. Mix with French or mayonnaise dressing. Then add an equal amount of rolled raw cereals and serve. Parsley or watercress may be added. A syrup dressing or onions combine well with it. Peaches and apricots may be used in place of apples and carrots. Onions should not be used with peaches or apricots.

EMPIRE SALAD.

Ingredients: Two raw apples, two cold boiled potatoes, six hard boiled eggs, three boiled beets, three stalks of celery or one boiled celery root, onions, parsley, and two tablespoonfuls of mustard. Chop fine each of the ingredients separately. Set apart three tablespoonfuls of chopped whites of eggs, yolks of eggs, beets and parsley. Mix all the other ingredients well and add mayonnaise dressing. Put the salad on a platter or into a large glass dish; garnish with lettuce and olives and make designs or green, red, white, and yellow with left-over ingredients.

Nuts are high in nutritive value, and are better evenly combined with non-protein elements than flesh foods are. They are rich in fat and form an ideal diet in combination with raw fruits and greens. They are not sufficiently appreciated as a food, and receive much unjust criticism as to their digestibility. All nuts are wholesome. The right combination and proportion, and the time of day when eaten, are of great importance. The kind of activity as well as individual peculiarities have much to do with likes and dislikes or requirements of certain foods.

CORN SALAD.

Remove the husks and put in cold salt water for thirty minutes. Scrape from the cob, put into a deep bowl and pour diluted lemon juice over it. Let stand ten minutes. Then mix with sliced tomatoes and lettuce or watercress and olive oil. If the acid taste is not liked, mix it with French dressing or serve plain with tomatoes and green leaves.

STRING BEAN SALAD.

Use canned or left-over string beans. Mix with French or mayonnaise dressing and add chopped parsley. Serve with eggs, egg foods or vegetable pudding.

RADISH SALAD. No. 1.

Wash and slice some radishes, mix with chopped onions. Garnish with lettuce, and serve with French or mayonnaise dressing.

OLIVE SALAD.

Stone and slice some ripe olives. Mix with equal parts of thinly sliced tomatoes and French or mayonnaise dressing. Serve on lettuce.

RHUBARB SALAD.

Wash the rhubarb, cut the red part of it into one inch pieces and mix with mayonnaise dressing.

ASPARAGUS SALAD.

Cut off the tips of raw asparagus, arrange some lettuce or watercress in a salad bowl, and mix with French or mayonnaise dressing. Sliced tomatoes may be added. Boiled asparagus may be prepared in the same way.

MUSHROOM SALAD.

Arrange some lettuce or watercress in a dish, select fresh mushrooms, wash and mix with French dressing, and pour over the green leaves.

Green corn is rich in fat and protein, and can form a perfect meal during the summer if combined with tomatoes. Do not cook the corn if it is agreeable raw. Canned corn should be used with care for people with intestinal weaknesses. If used for soups it should be strained and diluted with an equal amount of hot water before thickening.

CELERY ROOT SALAD.

Wash and boil the roots with the skins. When tender, peel them and cut into slices into a big bowl. Pour over them a little hot vinegar diluted with water; let stand 15 minutes. Then drain off the liquid and mix the roots with French or mayonnaise dressing. Flavor with parsley. Serve with lettuce and tomato puree or with string beans or green peas and bread.

POTATO SALAD.

Boil or steam some potatoes with their jackets on. When done, peel and slice them into a deep bowl while warm; then sprinkle over them a little salt, pepper, and finely chopped or grated onion, and pour over them some boiling hot vinegar diluted with one-half water and mixed with melted butter or oil. Cover with a saucer and shake well; let stand for twenty or thirty minutes. If there is too much liquid, pour off some and mix the remainder with mayonnaise dressing and chopped parsley, if desired.

BANANA SALAD.

Arrange lettuce and sliced bananas in a salad bowl, adding a French dressing of lemon and olive oil. Ryenuts or grape-nuts may be sprinkled over it. Scrape off the inside of the skin of the bananas, and mix with it.

ORANGE SALAD.

Peel some oranges, slice them crossways, remove the seeds, put into a bowl and grate some of the orange rind over them.

Serve plain or with lettuce, and pour a French dressing of lemon and olive oil over it.

PINEAPPLE SALAD.

Peel and slice crossways, serve with lettuce and lemon or with sweet cream.

PINEAPPLE AND APPLE SALAD.

Mix equal parts of sliced apples and pineapples. Serve like the foregoing or with nuts.

Celery contains valuable minerals and is soothing to the nervous system. Celery roots are rich in fat and a healing food for people with kidney, liver, and intestinal trouble.

PINEAPPLE AND ORANGE SALAD.

Mix equal parts of sliced oranges and pineapples. Serve like the foregoing.

APPLE AND BANANA SALAD.

Prepare and serve like the foregoing, with cream or nuts.

ORANGE AND BANANA SALAD.

Scrape off the bitter pulp of the inside of the skin of the banana, mix with sliced oranges and bananas, and serve like the foregoing.

FRUIT SALAD IN GELATINE.

Prepare some lemon or orange gelatine. Let cool and pour over the sliced fruit. Set on ice and serve plain or with cream.

CRANBERRY AND CELERY SALAD.

Wash and cut some celery the size of cranberries. Mix with an equal amount of cranberries, and serve plain or with lemon and olive oil.

PEACH SALAD.

Wash and slice some peaches. Serve with cream or lettuce, lemon, and olive oil. Fried beachnut bacon and shredded, puffed or raw rolled wheat are a good addition, if lemon and oil is used.

APRICOT SALAD.

Prepare and serve in the same manner as peach salad.

CRANBERRY AND BANANA SALAD.

Cook some cranberries, strain, and thicken with a little cornstarch. Cool and pour over sliced bananas. Serve with raw celery.

CRANBERRY AND PEAR SALAD.

Combine like the foregoing or use baked pears. Raw cranberries with raw pears and celery is also good.

BANANA AND GRAPE SALAD.

Slice some bananas and mix with an equal quantity of green grapes. Garnish with lettuce, and add lemon and olive oil, if desired.

RADISH SALAD. No. 2.

Mix some chopped or sliced radishes with French or mayonnaise dressing, and add lettuce or celery. Serve for breakfast with whole wheat bread and butter, or with raw wheat flakes.

BEET SALAD.

Mix some left-over sliced beets with French dressing. Serve with celery and whole wheat or black toast with butter for breakfast or dinner.

MIXED SPINACH SALAD.

Wash some fresh tender spinach leaves. Cut fine and mix with French dressing, mint and onions. Tomatoes may be added. Serve with hard boiled eggs.

CARROT SALAD.

Grind, chop or slice the carrots and mix with French dressing. Add chopped parsley, lettuce or celery. Serve with rye or wheat flake.

PLUM SALAD.

Green, red and blue plums are all valuable fruits. The blue plum is rich in iron, minerals, and sugar, and is, next to apples and tomatoes, one of the most perfect fruits. It has great preserving qualities and if picked on a dry, sunny day and placed carefully in straw in a dry, cool place, will keep until Christmas. Remove the stone and slice, mix with rylax or ryenuts or serve with stale bread and butter. Nuts, lettuce and celery make a good addition. Olive oil is also good.

DRIED VEGETABLE SALAD.

Soak Carque's dried vegetables in a little water for several hours. Then steam in a colander for about ten minutes. When cold, add salad dressing or nut cream.

Salads consisting of mixed nuts or mixed boiled vegetables are not wholesome for delicate people.

Fresh raw fruits, if eaten in the right proportion with other articles, are wholesome. The habit of eating a large amount of acid fruits at the beginning of the morning meal is not necessary. If a heavy meal is eaten in the evening, remaining half digested in the stomach over night, and putrefying, then acid fruits will cleanse the stomach in the morning.

Apples are among the most perfect of fruits. People who have difficulty in digesting a sufficient amount of cereals should eat apples almost daily. If raw apples disagree, they can be made agreeable by combining them with oil in the form of a salad. Baked apples and apple sauce are also good, provided they are not spoiled with too much sugar.

CHAPTER IX

FRUITS AND LIGHT PUDDINGS

STERILIZED DRIED FRUITS

Place some dried cherries, apricots, currants or prunes in a Mason jar. Fill to the top, cover with water, and let stand over night. The next day set the jar into a water bath, heat to the boiling point, then cool. Enough can be prepared to last for several days. The juice may be used again for soaking, or it can be used for fruit gruels.

SOAKED FRUIT. No. 1.

Wash some dried fruit, put into a bowl, pour over some hot or cold water, place over it a little saucer with a weight upon it; in this way it requires less water; let stand over night. It is ready for use the next morning, and may be mixed with boiled cereals in place of sugar.

SOAKED FRUIT. No. 2.

Place some dried fruit in a bowl, pour over it some hot cereal coffee. Use in the same way as number one. This is excellent for people suffering with fermentation of the stomach. The cereal coffee acts as a preservative.

FIG BUTTER. No. 1.

Wash some dried figs, dry them; then cut into small pieces, and grind on a nut grinder. Mix with one-fourth (in quantity) of rye nuts. Serve with whipped or sterilized cream.

FIG BUTTER. No. 2.

Prepare as the foregoing. Mix with about one-third or one-fourth of ground nuts, also with rye nuts, if desired. Serve with lettuce.

Compotes or Stewed Fruits are more wholesome and economical than jams and jellies, which are prepared with large amounts of sugar. A few jars of sterilized fruit juice should be prepared and kept on hand for medicinal purposes only.

RAISIN OR CURRANT BUTTER.

Prepare like figs. Mix with ground nuts. Serve with lettuce or with chopped apples.

BUCKTHORN BARK EMULSION. No. 1.

Pour a quart of boiling water on five ounces of Buckthorn bark, let steep for from 10 to 15 minutes, then strain; wash about a half a pound of dried French prunes, cut into small pieces, soak these with the strained hot Buckthorn tea for an hour or longer, then steep until tender, press through a colander thoroughly.

BUCKTHORN BARK EMULSION. No. 2.

Combine with fat, as follows: Heat a large tablespoonful of olive oil or butter, mix with a tablespoonful of mixed flour, gradually add to it the hot pulp of the prunes while stirring, let boil three to five minutes.

GROUND DATES.

Remove the stones and prepare as above. Mix with rye-nuts or orange juice. Serve with lettuce and sliced bananas or nuts.

GROUND DRIED PRUNES.

Prepare like figs. Mix with rye-nuts. Serve with cream or with nuts and lettuce.

BAKED APPLES.

Wash and remove the core; then place in a baking tin, stem end down; pour over some water and a little sugar, if desired; bake in a moderate oven until tender. Let cool and serve plain with butter and bread or with whipped or sterilized cream.

BAKED PEACHES.

Prepare the same as baked apples, and serve with cream.

Hot house fruits out of season are health destroying. Certain fruits, such as apples, plums, tomatoes, apricots, grapes, figs, bananas and cranberries, will keep for a long time in the natural state, if properly preserved. Fresh fancy summer fruits are not required during the winter by healthy individuals, neither are canned fruits, jams or jellies.

AMBROSIA.

Mash baked apples very fine and rub through a colander. Mix with soaked or stewed raisins, if desired. Serve in place of apple sauce with beaten whites of egg or whipped cream and zwieback.

BAKED APPLES IN GELATINE.

Prepare in the usual way, pour some fruit or rye gelatine over them.

APPLE SAUCE. No. 1.

Wash some tart apples, cut into four pieces and remove the seeds; steep with a little water and sugar until tender. Then mash fine with a potato-masher and run through a colander. Add a piece of butter while warm. Apple sauce prepared in this way is more wholesome than prepared from apples that have been peeled.

APPLE SAUCE. No. 2.

Soak some dried apples over night, steep for 30 to 40 minutes with a piece of cinnamon and a little sugar, and mash fine with a potato masher. Add a piece of butter. Let cool and serve with eggs, or cheese.

BANANA GELATINE.

Prepare some gelatine with orange, cranberry or lemon juice. When nearly cold, cut up some bananas and mix with the gelatine. Flavor and set on ice, serve with whipped or sterilized cream.

PINEAPPLE GELATINE.

Prepare some gelatine with lemon or orange juice. When nearly cold, add some fresh or canned pineapple. Serve with whipped or sterilized cream, and zwieback.

Dried sweet fruits are more wholesome than canned summer fruits. However, they should not be indulged in during hot summer days, or in the spring time when the brain needs relaxation.

APPLE SNOW.

Prepare some apple sauce from dried or fresh apples, run through a colander; when cool, mix with the snow of whites of eggs. Serve with zwieback.

APRICOT SNOW.

Prepare same as apple snow.

APRICOT SAUCE.

Wash some dried apricots thoroughly, cut into small pieces, soak over night, then simmer slowly until soft. Run through a colander and add a piece of fresh butter while warm. Serve with French toast, corn bread, corn cakes, steamed puddings or omelet.

GOOSEBERRY COMPOT.

Remove the stems, wash the berries and pour some boiling water on them. Let stand five minutes; then pour off the water and add fresh boiling water, a stick of cinnamon and the necessary amount of sugar. Thicken with cornstarch. Serve with unleavened pancakes.

GOOSEBERRY PUDDING.

Prepare the gooseberries in the same manner as for compot, but use more water. When done, strain and thicken with cornstarch. Let boil 10 to 15 minutes. Serve hot or cold with cream.

STEWED BLACKBERRIES.

Wash a pint of blackberries, put on to cook with about two pints of boiling water and a stick of cinnamon. Let simmer slowly and add a few tablespoonfuls of sugar. When nearly done thicken with a little cornstarch. Cool and serve with milk rice, custard or pancakes.

STEWED HUCKLEBERRIES.

Prepare the same as stewed blackberries. Strain, if desired.

Fruits are an important article of diet, but few people know how to use them wisely. A large percentage of deaths in young children is due directly to the wrong use of fruits.

BAKED APPLES IN OIL.

Wash some tart apples, wipe and core them. Have some vegetable oil, boiling hot, drop in the apples and cook until tender. Let cool and reheat when needed.

STRAWBERRIES WITH WHIPPED CREAM.

Select fresh ripe berries and wash. Put the desired amount on flat medium-sized plates. Beat up some cream with the whites of several eggs and a little powdered sugar. Cover the berries with the cream and serve with wafers or triscuit.

PEACHES AND PEARS WITH WHIPPED CREAM.

Peel and slice them. Prepare and serve the same as the foregoing. These dishes are not good for delicate stomachs.

FRUIT TAPIOCA.

Soak a cupful of plain tapioca in a pint of cold water over night, or for several hours. Cook in one pint of unfermented apple, grape or berry juice in a double boiler, add salt and sugar while boiling. Serve with sterilized cream. The tapioca may be cooked in water, adding salt and sugar, when cold add lemon juice and sliced pineapples, serve with whipped cream.

BLACKBERRY SAGO.

Boil one quart of blackberries with about two quarts of water and some sugar very slowly, then strain and cool, bring to a boil again, prepare with instantaneous tapioca or plain sago. The latter must be well soaked. Serve warm with zwieback or wafers and sweet butter.

APPLE SAGO.

Boil tart apples with the skin in plenty of water; when tender strain and cool. Reheat, flavor with cinnamon and sugar. Prepare with instantaneous tapioca or plain sago. After removing from the fire add orange juice, lemon, butter and the yolk of an egg or serve with sterilized cream.

People with a tendency to acid fermentation should not mix boiled cereals with fruits.

BERRY TAPIOCA.

Cook one quart of raspberries or blackberries with two quarts of water, a piece of cinnamon, add three-fourths to one cup of sugar, let boil slowly, then strain and cool. Reheat and prepare with instantaneous tapioca. Pour on a soup plate, pour sterilized cream over it. In cold weather, the cream as well as the tapioca should be served warm.

RHUBARB PUDDING.

Wash the stalks and cut off the green end. Cut the remainder in small pieces and steep in earthenware with a stick of cinnamon. When tender, strain and add the necessary amount of sugar. Dissolve some cornstarch, arrowroot or agar-agar with cold water and stir into the fruit juice. Let boil 10 minutes and serve warm on soup-plates with sterilized cream or put into molds and cool. If it is eaten warm, it is preferable to let the fruit juice cool first, then reheat and add the thickening.

APPLE PUDDING.

Save all the peeling from several days; add a few whole apples. Cook with water, strain and prepare like rhubarb pudding.

CURRANT, RASPBERRY OR PEACH PUDDING.

Prepare the same as the foregoing. If peaches or peach skins are used, do not press much of the pulp through. It is better to use more peeling than whole fruits. In serving peach or apple salad, the peelings can be saved from a day or two and preserved by stewing them in a little water until ready for use.

LEMON FILLING FOR PIE.

Stir the yolks of three eggs with one-half cup of sugar, add the grated rind and juice of two lemons or one lemon and one orange, then add two tablespoonfuls of cornstarch, one of butter and one and one-half cup of hot water. Stir in a double boiler over the fire until it is thick. Then pour it into the baked crust. Beat the whites with a tablespoon of sugar and a little lemon juice. Put over the top and brown in the oven.

PLAIN JUNKET.

Warm one pint of milk to blood heat, flavor as desired; stir in one junket tablet which has been dissolved in a little water and pour into a dish; set on ice. Serve with cranberry or prune sauce and wafers.

CRANBERRY SAUCE, STERILIZED.

Put one cup of cranberries into a pint jar, add two and one-half tablespoonfuls of sugar and sufficient water to fill the jar; screw tight and cook in a water bath for 40 minutes or longer. Let cool and run through a colander.

RHUBARB WINE.

Wash, and cut the red end of the plant into half-inch pieces. Put into a Mason jar, fill with water, screw tight and set on a grate in a water bath. Cook 40 to 50 minutes. Raisin wine or any kind of berry juice may be prepared in the same manner. Sugar is not necessary. Stewed fruit prepared in this manner is more wholesome and requires less sugar than if cooked in the ordinary way. For fruit juice take one cup of fruit to one and a half or two of water.

CHAPTER X.

FLUIDS AND GELATINE.

Fluids for Infants and Invalids.

MILK.

In preparing modified milk or other fluid foods for infants, where top milk is used, it is very important that the milk contain the same amount of cream for each feeding, or else digestive disturbance and irregularity of bowel movements will occur.

If milk, fresh from the cow and run through the cooler, is put into bottles or jars and kept at the same temperature, the same percentage of top-milk will be obtained daily. Five hours is generally sufficient to obtain the desired quality. The best means of removing it is by a spoon or siphon.

If raw milk is used without being sterilized, the desired amount for each meal should be put into sterile bottles directly after delivery and lightly covered by cheese-cloth or cotton and kept on ice or other cool place. In this way each bottle will contain the same amount of cream.

PREPARATION OF MODIFIED MILK (RAW).

Put the desired amount of top-milk into as many bottles as are required for feeding during twelve hours. Prepare a solution of water and milk-sugar by dissolving the sugar with the desired amount of boiling water. Let cool and keep on ice for twenty-four hours. At each feeding, add the prescribed amount of water to the milk, shake and heat in a water bath. Add a tablespoonful of lime water or barley water. If the milk cannot be obtained fresh twice per day, it is safer to scald the milk which is used during the night.

Milk is a food, not a drink; it should never be taken in addition to, or at the end of a heavy meal. Many people object to boiled milk on account of a theory that it tends to constipate. Do not dwell on theories; find out for yourself. Potatoes, toast and many other cooked foods are constipating also. Why not object to those?

All milk, even if handled carefully, contains a large number of germs. When one is not certain that the cows from which the milk is obtained are healthy, the milk should be sterilized. During the summer it is safer to scald or sterilize all milk for infants.

SCALDED MILK (MODIFIED).

Dissolve the desired amount of milk sugar in boiling water in a clean saucepan, add the milk, stir over a quick fire until it foams, which means that the milk is heated to about 200° F. The most harmful germs are generally destroyed by this process. Pour the milk into a clean pitcher and set the latter in a pan of cold water. Stir the milk until cold and change the water several times. The stirring makes the milk homogeneous and easier to digest. If any scum has formed on top, through careless preparation, the milk should be strained through a cheese-cloth before putting it into bottles. Put a cotton stopper in the bottles and set on ice. Milk prepared in this manner is generally suitable for the average healthy infant.

BOILED MILK AND CREAM FOR TABLE USE.

Put the desired amount of milk or cream, or mixed milk and cream, into a clean sauce-pan, stir over a hot fire until it reaches the boiling point or to about 200°F. Then pour into a pitcher and set in a pan of cold water; stir until the milk is cold. Set on ice or in a cold place for 24 hours. Milk prepared in this way is the only wholesome kind to use in addition to boiled cereals and fruit puddings. It is also often preferable to raw cream and milk, in combination with raw fruits. If the milk is to be used on cereals for the morning meal, it can be reheated or used directly after boiling. If hot milk is added to cereals, the sugar will not be missed.

STERILIZED MILK (MODIFIED).

Dissolve the milk sugar as directed for scalding milk. Add the desired amount of milk, top-milk or cream, and prepare as directed in the chapter under "Sterilized Milk."

PASTEURIZED MILK.

Put the desired amount of milk or milk and cream mixture

into sterile bottles, put on a stopper and set in a water bath; heat the water to 155° or 170° F., and keep it at that temperature for 30 minutes. Then remove the bottles at once, cool them in a pan of cold water and set on ice.

BOILED MILK.

Put the desired amount of milk, or modified milk into a clean sauce-pan, stir over a hot fire and boil from two to five minutes. Then cool by setting the pitcher into a pan of cold water; stir until cold and set on ice. This is excellent for infants as well as for the sick who suffer with diarrhoea. The milk may be modified with arrow-root, barley water or rice flour gruel, which has been boiled with salt and water and a stick of cinnamon. Milk-sugar should be boiled with the gruels, two level tablespoonfuls to a pint of boiling water.

KUMYSS.

Dissolve one-fourth of a cake of compressed yeast in a little warm water. Take a quart of fresh blood-warm milk, add to it a tablespoonful of sugar and the yeast. Put the mixture into beer bottles with patent stoppers, filling them to the neck. Place them for about twelve hours in a room suitable for raising bread, at a temperature of about 70°, then put the bottles on ice, up side down, until wanted.

RICE WATER.

Wash one-half a cup of Carolina rice several times with water, then soak or put on to boil at once with three pints of water. Boil slowly for about an hour, strain, and sweeten, or flavor as desired. Serve plain or with one fifth part of sterilized cream.

BARLEY WATER.

Prepare in the same manner as rice water.

If milk or cream is delivered in bottles, remove the cover immediately after delivery. If the air where it stands is dusty, protect the milk with cotton or cheese-cloth. Treat boiled milk in the same manner.

EAGLE BRAND CONDENSED MILK.

It can be prepared in many different ways, and mixed with barley-water, and cream, or used for sweetening in the preparation of gruels.

WHIPPED SOUR MILK.

Beat one quart of thick, sour milk with an egg beater for ten minutes. Serve with zwieback. Three-fifths tablespoonful of powdered sugar and a little cinnamon may be added, if it is agreeable.

Whipped sour cream may be prepared the same as sour milk.

WHIPPED SWEET CREAM.

Whip one quart of sweet, thick cream with two-fifths of a tablespoonful of powdered sugar, add a little vanilla, if desired. Serve with fruit gelatines or ground white figs, stewed prunes, baked apples or raw fruits, such as peaches, strawberries, raspberries or bananas.

CLABBER.

Put some fresh or skimmed milk into large soup plates or wide bowls and set in a room which has plenty of ventilation. Do not cover tight. If the room is exposed to dust, put long sticks over the dish and cover with cheese cloth. When the milk is thick, set a little while in warm water until some of the whey separates. Pour off about half of the liquid, so the milk has the consistency of mush. Then pour over it some fresh rich milk or cream, and serve. People who have no tendency to flatulent dyspepsia may sprinkle a tablespoonful of sugar and one of dried grated pumpernickel over it in addition to the cream. Strawberries, raspberries, dried sweet fruits, nuts and zwieback are also a good addition. This will form a perfect meal on a hot summer day.

TOAST WATER.

Toast a slice of stale wheat or black bread until thoroughly brown. Break into small pieces and pour on it two or three cups of boiling water. Cover tightly, and set aside for twenty minutes or longer. Strain, and flavor to suit the taste. Serve hot or cold.

TOAST AND APPLE WATER.

Prepare like toast water, and add the peelings of one or two apples before pouring on the boiling water.

LEMONADE.

Boil a quart of water for several minutes with three to five tablespoonfuls of sugar, and the rind of one lemon. Remove from the fire, add the juice of two or three lemons or oranges, strain and cool. Fresh clean cold water may be added to suit the taste. This is excellent in fevers, where much fluid food is required. It may be served hot or cold.

BRAN TEA.

Soak over night a cupful of Ralston's select bran in one quart of soft warm or cold water. The next day strain it and serve raw, or put it on to boil, simmer for one-half hour, then strain. Serve hot or cold. The bran may be mixed with oats or ryenuts when put to soak, and may be used raw or boiled. Hot bran tea with cream is excellent as a substitute for tea. It can be prepared without soaking.

MALTED MILK. No. 1.

Put two teaspoonfuls of malted milk into a cup, pour on some boiling water and add a pinch of salt and one-fourth of a cup of cream.

MALTED MILK. No. 2.

Prepare as the foregoing, omitting the cream. Serve plain, or add a few drops of lemon juice.

UNFERMENTED BEER.

Soak a cup of bran and a slice of thoroughly toasted black bread for several hours in a quart of water. Add a stick of cinnamon, bring to a boil and let simmer slowly for 20 minutes or longer. Strain and serve hot or cold.

CAMOMILE TEA.

Put a tablespoonful of tea into a teapot and pour on it one-half pint of boiling water. Allow it to stand on a hot platter or over steam for five minutes. Then strain and serve.

FENNEL TEA.

Prepare the same as camomile tea.

BUCKTHORN TEA.

Put two tablespoonfuls of buckthorn bark into a teapot, pour on it a cup of boiling water, and allow to steep from 10 to 15 minutes. Strain and serve warm (not hot).

WHEY. No. 1.

Soak one of Hansen's rennet tablets in a little cold water. Heat one quart of skim milk or fresh milk until it is lukewarm. Crush the tablet and mix with the milk, and stand on a warm place for five minutes or until it is thick. Then heat over the fire until the whey separates. Strain and throw away the curd.

WHEY. No. 2.

Heat some fresh milk until it is blood-warm. Add Fairchild's essence of pepsin, according to directions.

BRAN GELATINE.

Prepare the same as Bran Tea, use less water. Black or white toast may be added to the bran. Flavor with salt or sugar or add a teaspoonful of condensed milk after straining. Let cool and serve plain or with cream.

IRISH MOSS.

Wash and let it soak for several hours, or over night. Boil for 10 minutes, strain through cheese-cloth, and add one-half or two-thirds of a cup of hot milk. Flavor as desired.

RAW GREEN PEA JUICE.

Wash some fresh green peas in the pods and grind through a meat grinder, allowing the liquid to drain into a bowl.

LEMON WHEY.

Heat a pint of fresh milk to about 200° F., remove from the fire and squeeze into it the juice of one-half a lemon. Let stand for a few minutes, beat with a fork, and strain through a cheese-cloth. Serve hot or cold.

ALBUMEN WATER.

Add to the white of one fresh egg eight ounces of water and a little lemon juice or brandy, and shake thoroughly. Keep on ice.

FLAXSEED TEA.

Add a quart of water to two tablespoonfuls of whole flax seed. Boil one or two hours with one or two tablespoonfuls of sugar. Strain and add lemon juice or cream, to suit the taste.

APPLE BARLEY WATER.

Soak a cup of barley over night. Put to boil with two quarts of water, add a little salt and the skins of two or three apples, and a little sugar. Boil slowly for an hour or until it becomes red in color. Strain, and add lemon juice, if desired. Serve hot or cold.

WATER EGGNOG. No. 1

Beat the whole of an egg with one-half a cup or less of water. Flavor with lemon juice.

WATER EGGNOG. No. 2.

Beat the yolk of an egg with one-half or a whole cup of water. Flavor with lemon juice.

LEMONADE WITH EGG.

Take some lemonade prepared from oranges and lemons and add to it the yolk or the whole of an egg. The acid taste must dominate the sweet taste.

MILK EGGNOG.

Beat up the whole or the yolk of an egg with a little water and one or two tablespoonfuls of sugar. To this add eight to ten ounces of rich raw or sterilized milk, or one-half cream and one-half water. Flavor with nutmeg or bitter almond.

FRUIT LEMONADE.

Boil some water with a little sugar and the rind of a lemon, orange or apple. Add to it some preserved strawberry, cherry, pineapple, currant or raspberry juice, and seltzer

water, or add a mixture of several different fruit juices. This is excellent for fever patients, but not for people suffering with lung or heart diseases.

ALMOND MILK.

Blanch one cup of almond meats, chop or grind them coarsely, and pour over them a quart of hot water. Let stand several hours or over night, press through a cheese-cloth, and keep on ice. A few bitter almonds may be added.

RYE LEMONADE.

Wash a half cup of dried currants or raisins, put on to boil with a pint of water, a tablespoonful of rye-nuts or black toast, a piece of cinnamon, some lemon rind and one or two tablespoonfuls of sugar. Simmer slowly for fifteen minutes, then strain. Keep in a cool place. Serve hot or cold.

STRAWBERRY MILK.

Wash two cups of fresh strawberries. Put into a milk-pitcher and add two quarts of fresh raw or cold boiled milk, a little vanilla and a small piece of ice. Strain, serve with zwieback or shredded wheat. Sugar may be added, if desired. This is more wholesome than ice cream.

COCOA SHELLS.

Boil cocoa shells for twenty minutes, then strain. Use as a substitute for tea or coffee.

TEA.

Rinse the teapot with boiling water. Take a teaspoonful of black Japan tea, add a pint of boiling water, and let stand over steam for one or two minutes. Strain, and serve hot or cold with lemon juice or cream.

COFFEE.

Grind very coarsely two tablespoonfuls of fresh coffee beans. Pour two cups of boiling water on them, let stand five minutes (do not boil), then strain. Serve black or with cream. Tea and coffee should be used for medicinal purposes only.

MALT OR CEREAL COFFEE.

Take one-half cup of instantaneous Postum or Kneipp's malt coffee, pour three or four cups of boiling water on it. Let stand from five to 15 minutes, then strain. Serve hot or cold, with or without cream. People who wish to leave off coffee may add a teaspoonful of coffee beans to the cereal coffee a few minutes before straining. In this way they will gradually lose the desire for coffee. Bran tea or legume tea may be substituted for black tea or coffee.

COCOA. No. 1.

Dissolve one teaspoonful of cocoa and one of sugar in a little boiling water or milk and add a cup of rich milk. Let all boil a few minutes. Hot or whipped cream may be added before serving.

COCOA. No. 2.

Dissolve one-half a teaspoonful of cocoa and one teaspoonful of milk sugar in a little boiling water, add one cup of hot rich milk or one-half cup of cream and water, and boil a few minutes. Add more cream, if desired.

BEAN TEA OR BROTH.

Use white, brown or black beans; soak one-half cup of beans in soft water over night. The next day put on to boil in a quart of water, cook slowly for one hour or longer, and keep covered well. Then strain and serve plain, or add some hot cream to it. Small white and lima beans are excellent in the summer.

PEA AND LENTIL TEA.

Prepare the same as bean tea. Dry green peas are richer in minerals than yellow peas. Yellow peas contain more starch.

LEGUME GELATINE.

Prepare like legume broth. Take about one cupful of beans or peas to three pints of water, soak over night, and simmer from one to two hours. Strain, do not press the pulp through. Green imported split peas or lima beans are more suitable for gelatine than other legumes. Add salt or other flavoring to suit the taste.

CHAPTER XI.

MENUS AND SANDWICHES.

FANCY MENUS FOR DINNER.

I.

Strained tomato juice or legume broth, wafers, celery or olives.
Asparagus or celery root salad with lettuce.
Young peas, mashed potatoes, fried egg-plant.
Fancy cut black toast with butter and black coffee.

II.

Mushroom salad with lettuce, imperial sticks.
Legume cheese or croquettes, creamed carrots or puree.
Celery and olives or sliced oranges and apples.
Fruit tarts or toast and black coffee.

III.

Radishes, wafers, olives and water cress salad.
Stuffed green peppers and tomato puree.
Apple pie or black bread with grated Swiss cheese.
Green grapes or oranges, nuts, coffee.

IV.

Raisin, currant or rhubarb wine, nabiscos.
Celery root salad, olives, French dressing.
Spinach, eggs or omelet with tomato puree.
Apple salad with mayonnaise dressing and nuts.
Fancy cut toast with butter and nuts.

V.

Green leaf salad of any kind with cucumbers and olives.
Raw soaked oats or wheat with dried soaked fruit and cream.
Fancy cut toast with butter and cheese, coffee or grapes, nuts.

VI.

Tomato cream soup or fancy tomato salad.
Vegetable pudding or legume roast, string beans.
Fruit tapioca with whipped or sterilized cream.
Nabisco or zwieback with black coffee.

The above menus are agreeable to the average healthy person. Those with a tendency to acidity or flatulent dyspepsia should avoid eating several different fruits at one meal, also leave out soft puddings at the end of a heavy meal.

A menu which is one-sided or combined wrongly, that is, one in which either protein, carbohydrates, minerals or fluids are provided in excess, leads to waste of nervous energy as well as to waste of nutritive material. A wrong combination creates an abnormal appetite for too much or too little food.

SIMPLE MENUS FOR BREAKFAST.

(Each line represents a complete meal.)

Stewed rhubarb with cornmeal cakes or muffins.
Tomato juice. Left over macaroni with grated Swiss cheese.
Sweet potatoes with stewed fruit, black toast.
Baked potatoes with whey sauce, boiled eggs, black toast.
Toasted wheat or rye bread with nut butter, stewed prunes.
Rylax with cream or butter, prunes, raisins or raw carrots.
Oat Gruel, prunes, raisins, raw carrots or cucumbers.
Black toast with cream cheese, baked or raw apples.
Carrot puree, black toast or bran crackers, butter.
Black cream toast prepared with cream or nut cream.
Left over macaroni with fried onions or milk or tomato sauce.

MENUS FOR LUNCH OR SUPPER.

(Each line represents a complete meal.)

Milk soup with sago or rice. Dried fruit or celery.
Fruit soup with snow of egg. Toast with butter.
Baked apples or pudding with cream. Toast and milk.
Bread soup. Apple salad with mayonnaise dressing.
Legume broth. Omelet with fruit sauce.
Spinach or sprouts or string beans, with bread or crackers.
Apple salad. Rye bread with cream cheese. Grapes.
Tomato or apple soup with cream, crackers with milk.
Malt coffee, wheat or rye bread, butter, dried fruit.
Kale, or spinach, toast with butter. Dried fruit.
Wheat or oat gruel with cream. Dried fruit or carrots.
Cream of tomato or potato soup. Crackers. Olives.

The above will be unusual menus, yet they are correct chemical combinations for normal digestion. Try them and see for yourself.

MENUS FOR SIMPLE DINNERS.

(Each line represents a complete meal.)

Baked beans or lima beans with sauerkraut, creamed carrots.
Saxon Sool eggs with mushrooms and string beans.
Baked beans or lima beans with cabbage, tomatoes or potatoes.
Red cabbage with mushrooms and baked potatoes.
Baked cauliflower with cheese and tomato puree, bread.
Green pea soup. German pancakes with fruit sauce.
Buttermilk soup. Omelet with green salad.
Apple or potato salad. Legume roast with carrot puree.
Legume soup. Cabbage with potatoes or rice. Carrots.
Milk soup. Mixed boiled dinner, lettuce salad.
Oat gruel. Kale or spinach, bread with nut butter.
Green pea soup. Dumplings or pudding, stewed fruit.
Bean salad, lettuce. Apple fritters or brown bread.
Black bread soup. Corn fritters with apple sauce.
Oat gruel or rylax with cream or butter. Nuts.
Green pea soup, imperial sticks. Carrot puree, crackers.
Apple salad and lettuce, nut loaf, olives.
Lettuce salad, fried apples, nut loaf.
Bean soup, bread dumplings with tomato sauce.
Lettuce, macaroni with pea or tomato sauce. Nuts.

Laxative Foods: Fruit juices, plums, tomatoes, apples, pears, grapes, figs, fruit-soups, fruit-gruels, raisins, gelatines, corn, oats, spinach, oranges, carrots, parsnips, bran, oil, butter, cream, olives, yolks of eggs, pecans, walnuts, Brazil nuts, cucumbers, onions, greens, butter sauces.

Constipating Foods: Skim-milk, liquid foods, fine flour bread, potatoes, tapioca, white of eggs, gluten, mush, cheese made from skim-milk.

NATURAL DIET.

Adopting a natural diet does not mean a return to savagery. Cracked and flaked grains can be made into delicious dishes with very little labor and time, **and are far more nutritious than cooked cereals.** Sun cooked foods are rich in vital magnetisin, of which artificially cooked foods have been deprived. They also diminish the desire for tea, coffee, spices and other artificial stimulants. However, the change should be made gradually. The best time to begin is in the spring by partaking of some raw cereal in the form of a gruel or mush each day. The most unsuitable time is when tired or overworked. During a vacation is a favorable time to begin. People who have lived on excess of cooked and starchy foods for a long time cannot expect to like the raw foods immediately, it may take several months, or even a year, to educate the cells of the stomach to act upon them. Dried sweet fruits (which have been soaked separately) and sweet cream make good additions if grains cannot be relished any other way.

On the following pages are a number of menus consisting largely of uncooked foods. Try them. Lay aside your prejudices against nature, and stop making new and complex recipes which ruin your health. Simplicity and knowledge are great helps for a low purse.

Each person should learn by experience to select the kinds of food which yield him nourishment and avoid those which disagree.

The most perfect foods, such as apples, tomatoes, wheat, oats, rye, legumes and nuts seldom disagree with a healthy individual, provided they are used wisely.

SAMPLE MENUS SUITABLE FOR ANY MEAL.

(Each line represents a complete meal.)

Cereal salad of rye with bananas or carrots, milk, green leaves.
Raw or cooked lima beans with tomatoes or carrots, leaf salad.
Apple and lettuce salad, fruit cake or fruit pie, Swiss cheese.
Plain cake, gelatine, cream or green salad, milk or lemonade.
Bananas with strained tomato juice and raw green peas.
Plum salad, lettuce, mayonnaise dressing, walnuts.
Strawberries, lettuce and oil or mayonnaise dressing, almonds.
Apple or tomato salad, cheese and raw bread.
Clabber milk, triscuits or zwieback, dried fruits, nuts.
Raw blackberries or lemonade, zwieback, or raw bread.
Raspberries or strawberries, rich milk, raw bread or nuts.
Banana salad, lettuce, cherries or sweet fruits, almonds.
Fruit pie or fruit toast, a glass of milk, pecans.
Green grapes, black bread, Swiss or cream cheese.
Cereal or fruit salad and lettuce, nuts.
Fruit butter with cream or toast and almonds.
Cherries with eggs or omelet or corn bread.
Melon with lemon, banana salad, pecans or almonds.
Bean salad with lettuce and raw carrots.
Potato or carrot salad, lettuce, walnuts.
Fruit soup (warm or cold) eggs or nuts.
Pear salad with cranberries and celery, raw bread.
Buttermilk or sweet milk with toast or raw bread.
Raw rolled oats, plain or with fruit and cream.
Mixed rye and wheat with cream and fruit.
Cabbage salad with hard boiled eggs, bread and butter.
Peach or apricot salad, wheat or rye and nuts.
Soaked whole wheat with cream, prunes or dates.
Raw corn or bananas and strained tomato juice.
Cooked pea or string beans salad and raw carrots.
Baked apples with cream, toast with cheese.
Carrot or tomato salad, olives, lettuce, legumes any style.
Sweet potatoes, baked or boiled, buttermilk.
Raw huckleberries, zwieback or raw wheat, butter, cream, nuts.

The sandwich is an important part of the bill of fare. It is not necessary to eat a cooked dinner in order to have a square meal, but for those who work indoors and are unable to take walking exercises before or after their noon meal, it is important to take some warm fluid or semi-fluid food in the form of broth, milk or soup as an entree or with their meal. With the convenience of modern inventions of gas, alcohol and electric stoves, or patented bottles which keep food warm for hours, this is easily obtained.

Some people thrive on raw foods, while others do not. The best time to begin with raw foods is in childhood. Hot-house plants cannot digest raw foods. Open your doors and windows and learn to breathe first. Fresh air and sunshine are necessary for the change of food. If your teeth are poor, substitute a food-chopper or grinder for your foods.

Use only one rich protein food at any meal. Exceptions: A few nuts which are rich in fat may be eaten at the end of a meal where cottage cheese, peas, or eggs are served.

SANDWICHES.

HONEY SANDWICHES.

Spread some stale or sun-dried black or Graham bread with honey or with butter and honey. Serve with black malt coffee for supper. A salad consisting of fruits, almond cream and raw green leaves makes a suitable entree. Whipped cream may be used instead of butter or almond cream. Among fruits, apples, prunes, bananas and pineapples are the most suitable combinations. Honey should be used sparingly during hot summer days as it is very heating to the blood.

SCRAMBLED EGGS ON SANDWICHES, AND CHERRIES.

Eat the cherries at the beginning or at the end of the meal; lettuce is a good addition.

GROUND NUTS WITH APPLES AND RAISINS.

Grind six to twelve nuts in the morning and keep in a jar or paper bag. At lunch-time cut one apple into small pieces, add twelve raisins and the ground nuts. Eat with or without bread and butter. It is best to use only one kind of nuts at a time. Celery is also a good addition.

NUT AND DATE SANDWICHES.

Remove the stones from one-half dozen or more dates, cut the dates into small pieces and mix with one-third or one-half the amount of chopped or ground walnuts. Spread on

buttered bread or eat the bread with it. Apples combine well with it, either as a substitute for bread or in combination with it. In place of whole nuts, nut-butter may be used; the latter should always be diluted with an equal amount of water.

Figs, raisins or dried currants can be used in the same way as dates. Lettuce and celery are good additions.

TOMATOES WITH POPCORN, BREAD AND BUTTER.

Prepare a salad with tomato and lettuce, or strain some

canned tomatoes. The latter can be carried conveniently in a small Mason jar. Always open the jar a little, if left to stand in a store or office, so the air can circulate through it. Take one cup of tomato juice in combination with one-half pint or more of warm, buttered popcorn. Eat bread and butter with it, if desired.

EGG SANDWICHES WITH WATERCRESS, OLIVES.

Slice some hard boiled eggs and lay on buttered bread. Mix some olives and watercress with mayonnaise dressing, and serve with the bread. Egg sandwiches combine well with apples.

GRATED CHEESE, APPLES AND BUTTERED BREAD.

Grate two to four ounces of Swiss or American cheese and carry in a glass jar or paper bag. At lunch-time peel one or two apples, cut them up in small pieces and mix with grated cheese. Eat with buttered bread.

COTTAGE OR CREAM CHEESE SANDWICHES.

Spread thin slices of rye or black bread with cheese. Combine with apples or olives, with or without lettuce and mayonnaise dressing.

CABBAGE SALAD WITH BREAD AND BUTTER.

Prepare the salad in the morning, mix with mayonnaise dressing and carry in a glass or jar. Eat the cabbage salad as an entree or with the sandwiches. Hard boiled eggs are a good addition.

POTATO SALAD WITH BLACK BREAD AND BUTTER

Serve the salad as an entree. Prepare thin slices of pompernickle with butter and combine with hard boiled eggs. Nuts may be substituted for eggs.

PEANUT AND OLIVE SANDWICHES.

Remove the pits and cut the olives into small pieces, mix with diluted peanut butter, and season with lemon. Spread on rye bread.

HEALTH HINTS.

The house we live in should be constructed for health and comfort, rather than for style. Sleep by open windows. Night air is as pure as day air. Protect yourself from dampness by an open fire if necessary.

Do not dress and wash in a cold bath room. Have your wash bowl in the bed room. Sewer gas from a small pipe in a well ventilated bed room is not harmful, as it is carried off in the air. Have the stopper placed in the hole when not in use.

Dress by an open fire or in a sunny room. A chill before breakfast produces indigestion and a desire for unnecessary hot foods. Never sleep by night lamps or any other artificial light. They are injurious to the eyes and absorb oxygen.

Mothers of girls should think it more important to furnish healthful exercise, wholesome food and restful sleep during the years of budding womanhood, than to worry about lessons in music and art, or a business education. All these can be taken up with much greater benefit after maturity. Arrested development of the organs or reproduction will lay the foundation for many years or unhappiness and suffering.

Many parents are impressed with the idea that their children require a large amount of sweets, in order to make them grow. We cannot force nature without paying the penalty. At maturity, we reap what has been sown for us, or what we have sown for ourselves.

Each individual is a law unto himself. Two different people afflicted with a disease of the same name may require entirely different treatment. Human beings cannot be standardized like inert machines.

All berries are rich in minerals and feed the brain cells. They contain traces of protein. Blackberries and huckleberries are rich in volatile oils and iron, and are of great medicinal value. They are excellent for the evening meal in the form of gruels and drinks. The pineapple contains bromaline and is of medicinal value in the treatment of certain stomach disorders.

Don't use fruits in excess if you lead a very active life. The right proportion is the key note to maintain balance. Excessive fruits and rest is a prescription for sickness.

If no great hunger is felt at a meal, do not eat nuts or any kind of foods classed as protein. Neither stuff yourself with liquid foods. A fast or fruits, or fruit juices are the best under such conditions.

Cooked milk is not a natural food, but neither are cooked cereals. A combination of raw milk, or cream, and cooked cereals will force the stomach to absorb the milk immediately, while the remainder, poorly masticated and filled with germs, will tend to produce an acid process rather than an alkaline. If sugar is added to raw milk and cereals, the process of intestinal fermentation is complete.

Milk which is acid in reaction, or blue in color, is unfit as a food for children and invalids. If a mother is uncertain as to the quality of the milk she is feeding her child, she should have it examined by the city chemist.

Many people who find pancakes indigestible will do well to observe

the time when they are most agreeable. If they are made with eggs, cream, and water, or with rich milk, and properly prepared and combined with suitable articles, they are generally agreeable to the most sensitive stomach. People of sedentary habits, or those who do brain work mainly, should not eat pancakes or muffins for breakfast.

Cheese is one of the most economical and nutritious of foods. To serve cheese after a dinner is a wasteful extravagance, and dangerous to health. Cheese combines well with bread, macaroni, potato and other cereals; raw greens are also a good addition.

Oranges, Grapefruit, Lemons and Limes belong to the citric acid group, and are of all the fruits the richest in valuable acids, which in the process of digestion are converted into salts, rendering the blood more alkaline.

Cranberries, like gooseberries, currants and lemons, are purifying to the blood and very valuable as a food in malarial districts. Cranberries combine well with oatmeal and cornmeal.

Figs and dates have an average of thirty per cent water, are rich in sugar and contain some protein and saline matter.

Grapes are a valuable fruit for the table if eaten in the right proportion with other foods which contain fat and protein. They are rich in sugar and tartaric acid. As a medicinal fruit they may be eaten in large quantities by themselves.

People with digestive troubles should be careful in combining raw blackberries with other foods. They are rich in protein and may take the place of part of the meat dish on hot summer days. They should never be used as a dessert after a heavy meal.

The bitter substance which is contained in the inner skin of the banana should be scraped off and added to the bulk, as it counteracts the sweet flavor of the banana and adds to its digestibility. Baked bananas are not necessary for a healthy stomach.

Don't take drugs for sleeplessness. Tired feeling in the morning is the results of nerve starvation and auto-intoxication.

Rye meal, if ground in an old-fashioned stone mill, contains all the constituents of the rye. It is used for black bread, also called pumper-nicle.

Do not eat berries and legumes at the same meal. Apples, carrots, celery, tomatoes, lettuce, grapes, oranges or lemons are good additions. Tomatoes and potatoes should not be mixed at the same meal except in small quantities, and only when a considerable amount of fatty foods are eaten. Walnuts may be eaten at the end of the meal, where peas or lentils are served.

Soups prepared from legumes, fruits or cereals require an addition of fat in the form of butter, oil, the yolk of an egg or cream. A soup of peas, beans, corn or lentils may be prepared from left-over food or fresh cooked legumes. To one cup of cooked legumes add three to five cups of hot water, boil or mix well, then strain. They form a perfect and an economical meal without the addition of other protein foods. Celery, lettuce, raw apples and crackers with butter are a good addition. They should be well masticated, and the soup eaten with them very slowly.

For people of a bilious temperament eggs should not be mixed with milk or sweet foods at the same meal. Tomatoes, tart apples or green leaves, raw or cooked are anti-bilious foods.

For fruit-gelatine use sago, arrowroot, potato-flour or agar agar.

RIGHT AND WRONG FOOD MIXTURES.

DO NOT MIX:

Boiled Eggs and Cheese.
 Cherries and Milk.
 Fancy Summer Fruits and Onions.
 Fancy Summer Fruits and Cucumbers.
 Nuts and Excess of Starchy Food.
 Potatoes and Tomatoes or Acid Fruits.
 Potatoes and Fresh Yeast Bread.
 Potatoes and White Bread.
 Potatoes and Underground Vegetables.
 Cooked and Raw Greens.
 Cucumber and Sago.
 Strawberries and Tomatoes.
 Strawberries and Beans.
 Bananas and Corn.
 Raw Fruits and Cooked Vegetables.
 Milk and Cooked Vegetables.
 Fresh Raw Fruits and Cooked Cereals.
 Cheese and Nuts, except Cottage Cheese.
 Boiled Eggs and Nuts.
 Boiled Eggs and Canned Corn.
 Boiled Eggs and Bananas.
 Boiled Eggs and Cheese.
 Bananas and Cucumbers.
 Skim-milk and Fruit.
 Cheese and Bananas.
 Beans and Bananas.

GOOD COMBINATIONS.

Raw Fruits and Raw Cereals.
 Raw Fruits and Raw Cereals and Nuts.
 Raw Fruits and Raw Greens and Nuts.
 Raw Cereals and Nuts.
 Raw Cereals and Raw Milk.
 Raw Cereals and Raw Vegetables.
 Boiled Cereals and Boiled Milk.
 Boiled Cereals and Boiled Cream.
 Raw Greens and Eggs and Acid Fruits.
 Boiled Greens and Eggs and Acid Fruits.
 Fats and Acids.
 Rye and Butter and Honey.
 Rye and Cream and Honey.
 Cream and Sweet or Acid Fruits.
 Eggs or Nuts and Apples.
 Popcorn and Tomatoes and Lettuce.
 Cucumbers and Milk or Cereal Food.
 Cheese and Apples and Green Leaves.
 Cheese and Rye and Apples.
 Eggs and Pickled Vegetables.
 Eggs and Acid Fruits and Raw Leaf Vegetables.
 Eggs and Greens and Rye.
 Nuts and Apples and Sweet or Acid Fruits.
 Nuts and Bananas and Sweet or Acid Fruits.
 Almonds and Rice and Green Leaves.
 Nuts and Raisins and Green Leaves.

The harmony and disharmony between the different foods as mentioned above are only stated in a general way. Certain combinations are absolutely harmful to every individual, others are either harmful to certain temperaments, or, to mix them would mean a waste in the animal economy of the body.

VEGETARIAN SUPPLEMENT

CHAPTER XII.

HOUSEHOLD BOOKKEEPING.

	Income	Expenditures	Protein Foods	Cereals Bread Potatoes	Green Vegetables	Fruits Fats Sugar	Stimulants and Misc.
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30							
31							
Tot'l							

Monthly Total Receipts, \$.....

Savings, \$.....

HYGIENE, ECONOMY AND SANITATION.

The pantry shelf with its contents is responsible for many acute diseases and ptomaine poisoning by unhygienic and careless handling and preservation of foodstuffs.

A closet for the preservation of food should be located on the north or east side of the house if possible. It should have several long and narrow windows from top to bottom, so as to allow plenty of air and light. The shelves should be constructed of wire, zinc or wooden slats, and be removable.

Raw fruits and vegetables should never be kept in the same closet with cooked food. Potatoes, carrots and under-ground vegetables should be kept out of doors or in a dry basement. They may be preserved in a box with dry sand.

Onions should not be left in a paper bag; hang them up in the sun or keep them in a flat box in a dry place. Onions which have been cut should never be used again for food, unless the cut side has been preserved in vinegar or oil.

All raw foods which have a thick skin have better keeping qualities than those with a thin skin; therefore, fancy summer fruits should be eaten while fresh on the same day they were picked. No more should be bought than can be eaten the same day, or else they should be preserved by sterilization.

Green vegetables should be used fresh if possible, and not kept longer than three or four days. Never keep them in the house or pantry.

Apples or other winter fruits should be kept in a dry store room out of doors, in the attic or in a dry basement.

The white film that often gathers around grapes is a breeding place for diphtheria germs. Wash thoroughly before eating all fruits which have been stored in houses or at

Whites of eggs should not be kept longer than 18 or 24 hours. They must be preserved in a very cold place and be utilized at the earliest opportunity. They are like all proteins, more dangerous than starches if left to ferment, whether the fermentation begins on the pantry shelf or in the stomach. White of egg can be used in many different ways. It may be beaten to a froth and served on fruit-soups or fruit pies, or it can be taken in place of broth at the beginning of a meal. Add a tablespoon of water and a few drops of lemon or orange or apple or cranberry juice to one white of an egg and beat up with a fork, or drink without beating. White of egg can also be utilized for bran cakes.

the market. Do not prepare more raw food than can be eaten at one meal. Never allow it to stand after it is cut.

Many housekeepers think it important to scald their dishes, but do not know that it is far more important to sterilize or reboil cooked foods which have stood on the shelf for 18 to 24 hours and sometimes longer. Such foodstuff is dangerous long before the process of fermentation can be detected by the sense of smell or taste.

Some foods begin to undergo changes immediately after cooling; therefore, cooked foods left over, with the exception of a few, should be reboiled before serving again. Rice or other cereals should be stirred over the fire for a while and then baked in the oven until they are thoroughly sterile. The care of milk has been discussed in the chapter on food. Soups which are preserved with fat will keep wholesome for several days without reboiling. Fruits and fruit juices should not stand longer than 24 hours. Eggs are best preserved in bran or lime-water or on ice if kept for a week or longer.

PRESERVATION OF EGGS FOR THE WINTER.

Put one layer of common salt or bran one inch deep on the bottom of a wooden pail or washtub. Then grease the eggs with parafine or oil and place them with the small end down, so that they will not touch the bottom of the tub. Fill with enough salt to cover the eggs one inch.

PRESERVATION OF EGGS. No. 2.

Preserve the eggs with salicylic acid, which can be bought in the drug store. Follow directions on package.

DISHWASHING.

Dishwashing is a work which takes up so much time in every household, that it is a subject which should receive some attention.

The housekeeper who serves a considerable amount of

raw food saves much time and strength by relieving herself of greasy dishes and saucepans.

Scrape off the fragments from plates and utensils and prepare one basin with hot soapsuds and another with rinsing water of clear hot or cold water. People whose time is valuable can save much work by placing the dishes from the draining board upside down on a shelf prepared from wooden slats, or set them in a wire basket and let them dry without wiping.

If the dishes are not washed immediately after each meal, place the silverware and knives in a high bowl or quart measure and let them soak in hot or cold water. Remove all foods from metallic utensils immediately after the meal is over. Never allow metallic spoons to stand in fruit sauce, salt or in any kind of prepared food. Acids dissolve metal and in this way may produce poisoning.

In contagious diseases all dishes should be sterilized. Burn up all particles of left-over food, put the dishes into a narrow pail and boil with plenty of water and soda for an hour or longer.

DISINFECTION OF EXCRETA.

Use solutions of carbolic acid or chloride of lime. Mix with equal quantities of the excreta and allow it to stand for several hours before it is disposed of.

WHITEWASH FOR WOODWORK.

Soak one-fourth of a pound of glue in cold water over night. Dissolve some lime with cold water, add a few handfuls of salt. Heat the glue until it is dissolved and add to one bucket of whitewash. This makes a smooth and healthy paint. Use for rough or smooth woodwork, twice per year in laundry, basement or cellar or pantry.

PART
II.

CHAPTER I.

ANATOMY AND PHYSIOLOGY OF BRAIN AND BODY

The vitality and activity of every organ of the body is maintained and controlled by mental impulse, which is transmitted or individualized by the brain, transmitted in the form of mental impulse through the channels provided by the nerves. The brain consists of three parts: the cerebrum or fore brain, the cerebellum or back brain, and the medulla oblongata.

The nervous system consists of two kinds of nervous tissue. One of these is called the white substance, composed of nerve filaments, and is found in the trunks and branches of nerves on the exterior of the spinal cord and in the internal parts of the brain. The grey substance is composed of granular matter and ganglionic cells. This forms the external layer of convolutions of the brain. This substance forms itself into a double chain of nerve masses or ganglia which are connected by intervening cords and extends down on either side of the spinal column. It is also found in the interior of the spinal cord, the walls of the internal organs and in various parts of the body, forming large plexuses. The solar system, also called the abdominal brain, is the greatest collection of nerve matter in the body outside the skull. Other collections of sympathetic nerve matter are found in the chest and pelvic organs.

The Brain.

The brain is covered by three membranes, called meninges. One, composed of fibrous substance, forms the lining of the

Natural will-power can direct its force wherever it is wanted, be it for work or rest; it can sustain on bread and water for many days. Without substance there can be no power. Substantial food, fresh air, water and natural exercise develop strong bodies and minds.

interior of the skull and extends downward around the spinal cord. Next to this is a loose meshwork of delicate fibers, called the arachnoid. The inner membrane rests directly upon the brain substance which encloses a meshwork of small blood vessels and lymph channels. At the base of the brain these blood vessels form a circle, called the circle of "Willis," through it the blood is evenly distributed into the fine microscopical structures of the brain.

The cerebrum, or fore brain, is divided into two hemispheres, each of which is further divided into numerous lobes consisting of grey and white nervous substance and millions of nerve cells and fine blood vessels. The hemispheric ganglia are the instruments through which the intellectual powers manifest themselves. If these instruments have become imperfect in structure through retarded development by wrong environment and education, or have been damaged in any manner by severe shock, violence or disease, the manifestations of intelligence are affected in a corresponding degree.

The cerebellum also is composed of grey and white matter and lies at the back part of the base of the skull. It has no convolutions, but is subdivided by many parallel ridges. The pons varolii is the bridge of brain matter which unites various parts of the brain, connecting the cerebrum with the cerebellum and the medulla oblongata. The cerebellum is the seat of co-ordination, or associating power, through which the various muscular movements are effected.

The medulla oblongata is situated at the top of the spine, on issuing from the skull it enters the spinal column and then is known as the spinal cord. Any injury to this part is more fatal than to any other part of the brain.

The cranial nerves are twelve in number on each side and originate in the brain. In addition to these we have thirty one pair of nerves branching out from the spinal column.

By natural feeding, overwork is not possible. The body demands rest when its strength is exhausted. Artificial stimulants are deceivers. They make a man feel strong when he is weak. They produce artificial heat and will-power and an abnormal temperature; they lead to overwork, abnormal development and degenerate brains and bodies.

The spinal nerves also originate in the brain, they converge at its base and form the spinal cord which passes out of the skull through an opening called the foramen magnum into and through the center of the circular spaces in the vertebrae of the spinal column.

The white fibres of the spinal cord consist of collections of nerve filaments, each of which carries on a special work in the transmission of nerve impulses to and from the brain. Each nerve arises from two roots, a motor and a sensory root. The divisions and sub-divisions from these filaments form minute plexuses and fine nerve branches which finally terminate in the muscles, skin and various organs of the body. Each of these five nerve branches consist of neurons and dendrites, by which motions and sensations are carried to and from the brain. These nerve impulses which are carried to and from the nerve centers by a mysterious energy, resemble electricity and can be studied much the same as electrical currents.

The Sympathetic or Involuntary Nervous System.

The chains of the sympathetic nervous system are connected by cross branches to the sympathetic nerve ganglia on either side of the spine. It also connects by cross branches and nerve plexuses with the central nervous system or white nerve fibres. While the white nerve fibres, also called the animal nerves, are largely concerned with the voluntary acts of the body, the functions of the sympathetic, or vegetative nerves, are those concerned with the health of the body. They govern circulation, digestion and elimination, and the repair which takes place after a tissue is injured. The sympathetic nerves spread to every part of the body, especially to the vital organs. An individual who is richly supplied with nervous matter of this nature has more endurance (or vegetative force) than one who is not so endowed. While the brain and body of man wears out from the day's work and sleep is ab-

solutely necessary, the functions of the heart and lungs and the work of nutrition must go on just the same, but during this time the sympathetic nerves carry on the vital processes of the body without interruption. They never sleep.

CIRCULATION.

The blood is a circulatory fluid and is pumped by the heart through the arteries to every part of the body. The arteries are elastic tube-like canals with walls consisting of fibrous material and are lined by delicate muscular layers. The arteries in their distribution communicate freely with one another, dividing and sub-dividing, becoming continually smaller, until they can no longer be traced by the naked eye. These smallest branches are called capillaries. It is by means of them that metabolism becomes possible. The nutriment of the blood passing out through their walls into the tissues and the waste from the tissues passes back into the blood. These unite forming larger vessels called veins which carry the waste matter back to the heart and lungs. The color of the venous blood is dark blue while that of the arteries is bright red.

The Lymphatics.

The lymphatic system consists of lacteals, glands and lymphatic vessels. The lacteals are small vessels originating in the villi of the small intestine side by side with the blood vessels. They contain the milk-white fluid called chyle. The lymphatic vessels, like the arteries and veins, are tubular canals, lined with delicate muscular layers and membrane. They unite with each other, gradually forming larger vessels. In their course they pass through numerous lymphatic glands and finally unite into two great trunks.

Absorption.

The alimentary tract with its different departments re-

Sunlight is a great disinfectant. Dark rooms are a breeding place for tuberculous germs. Daily out-of-door exercise in the sunshine will increase health and reduce the coal bill. Without exercise our food can be of little benefit to us.

semples somewhat a manufacturing plant. The first of these departments is the mouth. When mastication and insalivation are completed, the food is conveyed by deglutition to the stomach. Here it is subjected to churning and chemical changes by the involuntary muscles and the secretion of the gastric juice. When this is accomplished, the contents pass into the intestine. Here they mingle with fluids secreted by the gall bladder and pancreas. Food which has been reduced to chyme by the stomach is now reduced to chyle or liquidified food and is absorbed by the lacteals. When the digested material is absorbed and carried to the liver the glands and other blood making organs, the process is called sanguification. From there the blood is carried to the heart and lungs to receive oxygen and then it is distributed to the different organs and tissues of the body. These processes are directed by the intelligence of the sympathetic nervous system which therefore governs the nutrition of the central nervous system, known as the animal nerves. Space is too limited to go into a discussion of the functional activities of the different ductless glands and their relation to the tissue metabolism.

Drink sufficient pure natural water between your meals. There is danger in over-drinking as well as in under-drinking.

CHAPTER II.

KNOW THYSELF.

The foregoing pages present an outline in the elementary anatomy and physiology of the brain and nervous system, to those who are not acquainted with its structure. To all who are interested in the intelligent care of the body it is of prime importance to obtain practical knowledge of the principles underlying the control of the body. The proper development of the individual is a steady growth. It resembles the unfolding of a flower, through the partaking of proper food, water, air and sunshine. A normal human being enjoys merely being alive. This is Nature's law. The shortest road to happiness is to regard the body as the present dwelling-house of the eternal, and not merely to dream of the possibilities of becoming perfect in some future state of existence. Our physiological body constitutes the source from which the immortal man receives its strength. In order to have a healthy mind, all the body must work together harmoniously. The quality and quantity of the fluids must be right, there must be no leakage, the wires or nerves must lie in perfect harmony with the structures resting on a perfect foundation. Only in this way can the oxygen undergo the highest modification.

A seed requires the power of the sunshine in order to utilize the elements which it takes from the earth, and in the same sense the spiritual man receives his nutriment from the spirit through its elementary forces. God gave us these bodies, and unless we are willing to care for the temple which our spirit inhabits, we are not worthy of a better body in this world or in the one beyond. The primary course for most ailments can be traced back to hereditary weaknesses, developed through wrong environment, bad habits and improper feeding. We cannot develop a fashionable disease of typhoid, small-pox or diphtheria unless our lymphatic glands are stor-

ing up excessive waste matter produced by continuously over-eating or wrong eating of unclean combinations of foods. Neither can right eating alone, without right thinking, physical exercise, fresh air and sunshine, produce health. The air we breathe is filled with healing power. The water we drink is from the fountain of life.

Deep philosophy combined with material science and practical work will lead to the understanding of the divine laws of nature. An individual who is suffering from a chronic ill which he is unable to correct or by following a physician's advice at home, should see krefuge in a sanitarium and be educated in the divine laws of God or Nature.

"No soul helps flesh more, now, than flesh helps soul!"—Browning's Rabi Ben Ezra.

Spirit, also called essence, light, mind, or soul, is dependent upon matter for its expression. In other words, structure precedes function.

Example: To produce light we need to act upon a mechanism. As the striking of a match or the pressing of a button produces light, so the action upon the brain cells by the ether of the blood produces light or spirit.

Pure air and raw vegetables are rich in ether, and therefore are a necessity for a healthy mind or spirit.

Mental exercise or "thought" is necessary to convey the blood to the cell mechanism. Obstruction of blood vessels, preventing blood flow, produces death, partially or wholly.

STIMULANTS—THEIR EFFECT UPON THE BODY.

Sugar, tobacco, alcohol, and sweetened beverages in the form of coffee, etc., produce a stimulating effect upon the sympathetic ganglia near the base of the brain and through these arouse the emotional nature, exciting the nerves of sociability, the facial muscles, the sense of sight, the sense of speech and the nerves controlling the organs of reproduction and those of muscular action. Excitability of one set of nerve fibres will always produce a morbid condition upon the opposites, and these are the finer instincts and sensualities.

An individual with a delicate, nervous structure or one who has bony displacement or contracted tissue in the cervical region interfering with normal blood flow, would therefore be more injured by such irritants or stimuli than one whose structures and functions are working harmoniously. A person who, in addition to these physical defects, has weak kidneys and intestinal obstruction interfering with the gly-cogenic functions of the liver will suffer far more often in spite of total abstinence from all such stimulants because he indulges in foods such as canned, watery cooked fruits in combination with yeast bread, potatoes and a variety of cooked foodstuffs which his eliminating organs are not able to manage, and alcoholic fermentation is the result. The blood instead of being a transparent, homogeneous, and alkaline fluid, resembles in appearance sour milk. The coagulated constituents of the blood clog the fine capillaries and infiltrate the structures of the lower body, allowing the watery contents to circulate in the tissues of the brain and chest, exciting the nerves and vital organs and producing an undue pressure upon the glandular secretions of the suprarenal capsules, thyroid and pituitary body, leading to diabetes or dropsy. The symptoms of such conditions are similar to those of chronic alcoholism.

Persons of the latter class should avoid all artificial stim-

ulants, and use natural stimulants such as sweet fruits and honey in very moderate quantities, (during the winter only), and never at the morning meal. They should restrict themselves to a diet of dry natural foods, including a considerable amount of fats properly combined with acids and raw greens in the form of salads. In addition to these they may use legumes in moderate quantities, raw or plain boiled cereals without sugar, also nuts several times per week. Clabber milk and cottage cheese are also good. Fresh milk, if agreeable, should be modified with one-third water and milk sugar added, heating to 170° F. The heating of the milk to this point prevents fermentation. During hot summer months when the skin is active, there is less tendency to fermentation by such people, and heating of milk, if fresh, is generally unnecessary. (However, this is not the case with infants or people who have a tendency to diarrhea.)

Artificial sweets, white bread and poisonous beverages develop butterflies that crave excitement and artificial life. The world is full of people that are without substance, power or principle. They earn their living the easiest way they can. Wrong feeding is responsible for such conditions. Social reformers and humanitarians cannot solve problems until they have learned how to feed the race

The "Dreadnaught"—Stimulant. (Quoted from Dr. Axtel Emil Gibson's Work). The ruling stimulant of the world today is not the coffee, tea, beer nor even whisky—but the innocent-looking, pleasant-tasting, alluring white powder known as sugar. Its stimulating power is greater than that of the alcohol, because it is the parent and generator of the alcohol.

CHAPTER III.

CONSTIPATION.

This is one of the most common disorders of civilized people. The disease may be primary or secondary. The movement of the bowels normally depends on the amount eaten. Some people eat such great quantities that two or three movements are necessary every day in order to carry off the excess of waste. People of moderate habits who eat dry food properly combined need not of necessity have a movement every day in order to maintain health, but such are few. The fecal discharge, if allowed to remain in the colon longer than is natural, accumulates in the folds of the colon, and its fluids are re-absorbed into the circulation while the remainder becomes hard; part of it continues to adhere to the mucus membrane and attracts more accumulation until finally the entire walls of the colon become encrusted with fecal matter. A physic will not always remove the encrusted matter or even loosen it; it may give temporary relief by establishing a small passage way through the accumulation of the colon and some benefit is felt. Thousands of people suffer from such conditions for years without being aware of it. Is it any wonder that men who are thought to be in apparently good health die of apoplexy, paralysis, consumption, appendicitis or Bright's disease? Besides this nearly all diseases of a contagious nature have their origin in the colon.

The question is often asked why do these conditions exist? Take a lesson from the animals who live on natural sun cooked foods. They masticate their food and obey the call of nature whenever evacuation is necessary.

Constipation may be the result of purely mechanical conditions, such as want of exercise, tight corsets, drug taking,

paralytic state of the bowels, strictures or adhesions to neighboring organs from previous inflammations. Under all conditions it is possible to be greatly benefited by a diet suitable in quantity and quality to the individual needs and by correct habits.

Raw foods are more nutritious than cooked foods, if they are pure and fresh and can be digested without difficulty. A change from cooked to raw foods might produce diarrhoea or constipation. The latter condition is generally not dangerous. Constipation from cooked foods is more dangerous.

A daily evacuation of the bowels is not always a sign that the stomach and intestines are in good working order. The bowels can be forced to move by eating of too rich foods.

OBESITY.

There are several different forms of obesity, due to varied causes, and each requires a different form of treatment. The first class suffer from ordinary causes, and can be cured easily by a diet which is suitable in quantity and quality to the particular temperament and occupation and by taking sufficient exercise out of doors. Unless the person is willing to deny himself those foods which create this unnecessary fat, disease or heart failure will follow. The stomach and intestines under the fermentation of sweets, fruits and starches resemble a yeast jar; the follicles of the mucous membrane become filled with beer, alcohol, vinegar and all sorts of irritating acids and paralyze the cells of the secretory glands of the alimentary tract. As a result of this paralysis, an excessive amount of ropy, sticky mucus is poured out, and the patient suffers with lassitude, nervousness, gas and headaches. Under this condition the circulation grows weak, the lower limbs are cold, constipation takes place and often the feet are swollen. If this condition is not relieved by proper dietetic treatment, the lower end of the stomach closes to such an extent as to retain the gasses and alcoholic ferments, thus dilating the stomach to an enormous degree. Later the lower end of the stomach becomes partially paralysed, the portal vein of the liver becomes sluggish and the breathing difficult. As this condition extends farther down to the junction of the small intestine it paralyzes the structures near the appendix and causes appendicitis; or it may congest the intestine extending to the rectum and cause prolapsus or falling of the intestines. If the vital organs are so strong that the latter condition does not occur, there is, nevertheless, a state of starvation, because the muscles are infiltrated by fat, and the nervous tissues can not receive nutriment. The whole body becomes finally congested, paralyzed, and feeble, and mental and physical disease is the result.

To those who are fairly well nourished and have no

organic diseases the following suggestions may be of assistance: Begin your change of diet with a fast of a day or two. Take sufficient out of door exercise to bring about a good circulation. If the heart be weak, take only short walks and do not expose the shoulders or chest to hot sun light. Use an umbrella. Drink water between meals according to your normal desire. Eat two meals a day for a while, taking breakfast between nine and ten. The menu may be composed of raw or cooked spinach, celery, string beans, cabbage, onions, mustard greens, dandelion greens, black olives, lettuce, cucumbers and tomatoes. Salads with French or mayonnaise dressing are more beneficial than cooked greens. Serve with toasted whole wheat or black bread and butter. Dinner should be taken between three and five and the menu may be composed of baked apples, or apple sauce, ambrosia, apricot sauce, plum sauce, stewed prunes, or clabber milk with sweet sterilized cream and toasted black bread, or of raw fruits such as berries, apples, peaches, oranges, pineapple, or soaked French prunes. Serve plain or with cream. The first four mentioned may be served with lemon and olive oil or mayonnaise dressing (fats properly combined with acids are not fattening). Whole wheat toast or nuts may be served in addition. Later add legumes, eggs and cheese to your diet. For combinations see recipes. Avoid artificial sweets, white flour preparations, wrong combinations of food, and excesses of any kind.

People who are confined to mental or indoor work should take walks and other physical exercise every day in order to equalize the circulation. Those who do domestic work should devote some time each day to mental activity and walks out of doors. People who do not reduce by taking out of door exercise, should remain in bed until 10 A. M. for awhile and take exercises with the lower limbs in a horizontal position. The above suggestions are only for conditions where the powers of digestion and assimilation over balance those of elimination. The treatment of special conditions should not be undertaken by the patient alone. The condition that leads to fatty degeneration is also a forerunner of consumption.

However, in the latter case the patient has less absorbing power and only assimilates the irritating acids. The brain cells and vital organs become gradually paralyzed by this acid fluid and death follows.

Certain persons of enormous vitality produce pseudo tissue, and develop tumors of various types. The names of the various diseases are many but the causes that produce them are few. Different persons with hereditary tendencies to different constitutional diseases may all trace their ailments to one great cause, that of wrong eating. Chemical and mechanical injuries by drugs and accidents are often secondary causes which help to develop such conditions. People who desire to undergo drugless methods of treatment, such as fasting, dieting or exercises, should never do so without the direct care of a physician.

Disease is a sin, produced by improper breeding and feeding and wrong habits. To those who employ physicians I would say: Do not expect to be relieved by paying the doctor for your sins. Leave your arguments at home and take faith with you. Do not expect to be relieved (from ills) in a short time which have been years in the making. If you are poor and helpless you will receive more assistance from doctors than from other human beings. If you are not so unfortunate still do not deceive him. Leave out all shrewdness and business methods. If you expect honesty, give it first; be willing to pay for the advice which has taken many years of hard study and work to acquire. If you meet a dishonest physician, remember that very often he is the product of dishonest treatment by his patients. Do not therefore lose faith in humanity, but seek for another, and be willing to follow his advice, paying for it cheerfully, and you will be happier and healthier.

CHAPTER IV.

PSYCHOTHERAPHY.

A science applied to diseases which are of a purely mental origin and which sooner or later will affect the body. All chronic physical diseases caused by physical injury will in time become mental. Here material science, with or without mental treatment, will bring relief. The treatment is not at all comfortable and (in most cases) a housecleaning process. The liver is the greatest filter of the body and the most sensitive organ. Chronic or acute and poisonous secretions are produced through mental influences, and this in turn produces mental congestion. Pressure upon nerves produced by chemical or mechanical injury affecting the liver or other vital organs will in time produce congestion of the brain. The latter can be cured by taking away this pressure through applied physiological chemistry and applied anatomical adjustment. In severe cases of illness the cure depends to a large extent on the faithfulness with which the details are carried out. Some of these seem unimportant to the patient and to those who know little of the treatment. In any case where successful results have not been obtained, it has always been easy to point to faults of commission or omission.

An individual who has an analytical turn of mind ever ready to investigate his methods of treatment after he has put himself under a doctor's care makes a cure almost impossible. The over-development of certain nerve centers and the mental discipline necessary for relaxing these functions will retard or oppress the functions and nerve centers of the sympathetic nervous system, which are needed for control of repair work. In other words, nerve centers which are abnormally positive will cause other abnormally negative nerve centers to exist and prevent these from reaching a normal

positive state. As a result the body cannot eliminate its waste matter, and reconstruction is almost impossible.

Two-thirds of the inmates of our insane asylums and prisons might be cured if the proper treatment were applied. The young under twenty years of age yield much easier to treatment than older persons. Pseudo psychic healers or those who deny the existence of a disease do either effect a cure by faith or else they paralyze certain nerve centers and drive the disease inwards turning it into plegma or fat, or else into more dangerous material such as cancers, insanity or heart failure. Scientific psychic healers are doing wonderful work by means of the psychometer in the diagnose and treatment of psychic disorders. However, the cause and prevention of the disease for these unfortunate victims lies deeper. They are the product of modern and wrong methods of education, stimulated and forced by artificial feeding. They have reached that state of refinement, or culture of the flesh, and soul starvation where degeneration is at work. If the body is the strongest, the result is mental derangement. If the body is the weakest, the result is cancer and tuberculosis in its acute or chronic form, and many other bodily disorders. A healthy person (even if born with a delicate body) who has been perfectly fed on natural foods which have not been deprived of their organic salts could not possibly be affected by slight shocks of unpleasant environment to such an extent as to produce diseases either mentally or physically. Sorrow and dissappointments in life are just as necessary for our development as rainy and unpleasant weather is. The weak brains and bodies of brittle bone and diseased flesh are the result of wrong feeding. Chronic food poisoning and starvation is much more detrimental to the human race than wholesome natural foods with the addition of small quantities of alcohol. The person who is boasting of health and old age in spite of small quantities of whiskey taken is generally born with no weaknesses. The effects of alcohol have probably shortened his life of eighty or one hundred years, but his mental and physical capacities have been superior to that of many intemperate drinkers as well as eaters.

CHAPTER V.

SUGGESTIVE MENUS FOR ACUTE
CONVALESCENTS.

Allow the patient to return to simple solid foods gradually. If he tires easily of one thing, as much variety as possible should be introduced into the diet, but as a rule no more than three or four articles should be served at one meal.

I. Breakfast.

A cup of whey with or without lemon, or albumen water.

10 to 11 A. M.

Five to ten ounces of milk, diluted with gruel or tea.

Dinner.

Gelatine prepared from barley, or legumes and zwieback.

3 to 4 P. M.

Cocoa or milk (5 to 10 ounces) with zwieback.

Supper.

Malt Coffee with hot cream and milk-sugar and zwieback.

If food is required at 10 p. m. or during the night, give whey, blackberry juice, broth, apple water, orange juice, tea, coffee or lemonade.

2. Breakfast.

Water gruel prepared from barley, oats, wheat or rice.

10 to 11 A. M.

Broth with the yolk of an egg or fresh milk with crackers.

Dinner.

Gelatine of wheat, or toast with sterilized cream and zwieback.

3 to 4 P. M.

Milk, coffee, cocoa or eggnog with zwieback or crackers.

Supper.

Broth with two tablespoonfuls of cream, rye-nut or zwieback.

3. Breakfast.

Cereal gruel with one-third milk and one-fifth cream.

10 to 11 A. M.

Water, whey or tea of beans, peas, lentils or bran.

Dinner.

Spinach on toast, eggs, baked potato.

3 to 4 P. M.

Raw bran, oatmeal water, almond milk or hot or cold water.

Supper.

Baked apple with cream. Cream of celery soup with toast.

4. Breakfast.

Gruel of Cook's flaked rice or shredded wheat with hot cream.

10 to 11 A. M.

Milk or broth with yolk of egg, and crusts or zwieback.

Dinner.

Puree of dried green peas. zwieback with butter, celery.

3 to 4 P. M.

Cold water or malt coffee.

Supper.

Cream of tomato soup or broth with toast and celery.

DIABETIC FOODS.

Oil, butter, mayonnaise dressing, cream, cottage cheese, Swiss cheese, eggs, almonds, pecans, walnuts, nutcream, bacon, veal, lamb, pork, potato salad, berries and acid fruits in the form of salads asparagus, artichokes, raw greens, rye, buttermilk, gluten bread, legumes in moderate amounts with acids and greens, olives, bran, bran and legume gelatines.

TABLE OF COMMONLY USED FOODS, GIVING CALORIC VALUE.

Almonds, 10 large	100
Apples, 1 medium	92
Broth, 1 cup	100
Bananas, 1 large	100
Barley, 1 tablespoon, raw	90
Beans, dried, $\frac{1}{2}$ cup, raw	300
Bran, 1 cup	220
Butter, 1 tablespoon	105
Carrots, 1 large	50
Celery, 12 stalks	100
Cornmeal, 1 tablespoon	36
Crackers, 1 Uneda	25
Cheese, 1 pound American	1800
Cream, $\frac{1}{2}$ cup from separator	230
Cucumbers, 1 large	40
Currants, 1 cup (dried)	700
Dates, 10	260
Eggs, 1 whole	60
Eggs, 1 yolk	48
Figs, 10 large white	600
Rice-flour, 1 tablespoon	55
Wheat-flour, 1 tablespoon	30
Mixed flour, 1 tablespoon	35
Cornstarch, 1 tablespoon	40
Gelatine, 1 tablespoon	80
Greens, 1 cup	40
Grapenuts, 1 tablespoon	30
Honey, 1 tablespoon	100
Kou miss (or) Kumiss, 8 ounces.....	100
Lemon, 1 whole	16
Lettuce, 1 head	40
Macaroni, 1 cup (raw)	300
Milk, 8 ounces	165
Oats, rolled, 1 cup (raw)	300
Oats, steel cut, 1 cup (raw)	900
Orange, 1 large	100
Oil, 1 tablespoon	100
Peanuts, 15	100
Peaches, 1	50
Peas, one-quarter pound (dried)	350
Peas, green, 1 cup	150
Prunes, 5 (dried)	100
Potatoes, 1 large	100
Raisins, 10 large	100
Raspberries, 1 cup	60
Rice, 1 tablespoon	50
Syrup, 1 tablespoon	50
Sugar, 1 tablespoon	60
Tomatoes, 1 large	50
Walnuts, 8	100
Wheat, rolled, 1 cup (raw)	250
Whey, 1 cup	100

MEMORANDUM

Green Vegetables.

Artichokes	18
Asparagus	18
Beets	19
Carrots	19
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Corn	22
Cauliflower	21
Cabbage	23
Kale	24
Korabi	23
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Onions	22
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Peppers	21
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Potatoes	25
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Spinach	21
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Barley Gruel or Soup	50
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